

Too Much Worry?

UNDERSTANDING ANXIETY DISORDERS

陪我講 SHALL WE TALK



What are anxiety disorders?

Anxiety disorders include a wide range of mental disorders with excessive anxiety or fear as the main symptoms. These mental disorders include generalised anxiety disorder, specific phobia, social anxiety disorder, panic disorder, separation anxiety disorder, selective mutism and more. People with anxiety disorders are significantly distressed as the symptoms interfere with their daily functioning.

What are the symptoms of anxiety disorders?

Common symptoms include:



Cognitive and emotional

- Nervous, tense or restless
- Difficulty in controlling worry
- Anticipation of impending danger, panic or doom
- Urge to avoid things or situations that trigger anxiety



Physiological

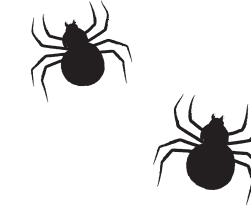
- Increased heart rate and rapid breathing
- Chest and gastrointestinal problems
- Muscle tension
- Sweating
- Trembling

Characteristics of common types of anxiety disorders:



Generalised anxiety disorder

Persistent and excessive worry about various daily activities or events



Specific phobia

Marked anxiety or fear about a specific object or situation, such as the fear of spiders, blood or heights



Social anxiety disorder

Intense anxiety or fear of social situations and avoidance of such situations



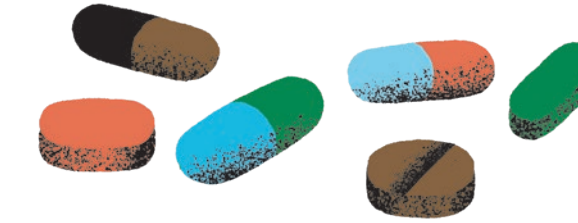
Panic disorder

Repeated episodes of brief and abrupt surge of intense fear or discomfort (panic attacks)



If you are experiencing similar conditions, please consult a doctor or clinical psychologist for professional assessments and to receive appropriate treatment as soon as possible.

How to treat anxiety disorders?



A Medication

When persistent or serious anxiety symptoms occur, people may get prescriptions from the doctor. Anti-anxiety medications, selective serotonin reuptake inhibitors (SSRIs) and serotonin and norepinephrine reuptake inhibitors (SNRIs) are some of the effective treatments for anxiety disorders.



B Psychological treatment

Psychological treatments such as cognitive behavioural therapy have been proved effective in treating most anxiety disorders, including generalised anxiety disorder, specific phobia, social anxiety disorder and panic disorder.

Anxiety disorders can be treated. If you think that you may be suffering from anxiety disorders, you should seek help as soon as possible.

You may help the person by:



Be considerate to the person



Help the person to build a regular lifestyle



Listen to the person to show support



Observe the mood changes of the person and seek medical help with him if needed

For more information:



1 Consult your doctor



2 Call the following hotlines:
18111 Mental Health Support Hotline
18111
Hospital Authority Mental Health Direct
2466 7350



3 Visit shallwetalk.hk



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精神健康諮詢委員會
Advisory Committee on Mental Health



Department of Health

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