



More information
on Carna website
(carnamentalwellness.org)



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Who we are

Carna is a
nonprofit
organization that
strives to provide
accessible
information about
mental health to
everyone

Understanding anxiety

*Stats and Facts to
Help Demystify
Anxiety*

carnamentalwellness.org

STATISTICS

Estimated percentages of U.S. adults with anxiety disorders:

Generalized anxiety disorder: 2%

Panic disorder: 2-3%

Specific phobia: 8-12%

Agoraphobia: 1-3%

Social anxiety disorder: 7%

Separation anxiety disorder: 1-2%

Women are more likely than men to experience anxiety disorders.

7% of children aged 3-17, and 10% of children aged 12-17, have diagnosed anxiety. 38% of these children also have behavioral problems, and 32% also have depression

ANXIETY DISORDERS

Generalized anxiety disorder
- persistent and excessive worry that interferes with daily activities

Panic disorder
- unexpected and repeated episodes of intense fear accompanied by physical symptoms

Phobia
- an overwhelming and debilitating fear of an object, place, situation, feeling or animals

Agoraphobia
- extreme or irrational fear of entering open or crowded places, of leaving one's own home, or of being in places from which escape is difficult

Social anxiety disorder
- an intense, persistent fear of being watched and judged by others. This fear can affect work, school, and other daily activities

Separation anxiety disorder
- excessive worry and fear about being apart from family members or individuals to whom a person is most attached

And more

WHAT TO DO

Short term help

- Carna's "meditation" blog
- Practice identifying your feelings with a "feelings wheel": research shows that teens who can better identify their feelings cope with stress better

- Carna's "crisis hotlines" blog

Long term help

- If you think you may be experiencing more intense feelings of anxiety, speak to a trusted adult or talk to your doctor

- Carna's "therapy options" blog

This is not an extensive list: for a diagnosis, please talk to a mental health professional