Generalized Anxiety Disorder

A. Excessive anxiety and [worry](http://behavenet.com/taxonomy/term/13538) (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).

B. The person finds it difficult to control the worry.

C. The anxiety and worry are associated with three (or more) of the following six [symptoms](http://behavenet.com/taxonomy/term/11301) (with at least some symptoms present for more days than not for the past 6 months). Note: Only one item is required in children.

(1) restlessness or feeling keyed up or on edge   
(2) being easily fatigued   
(3) difficulty concentrating or mind going blank   
(4) [irritability](http://behavenet.com/taxonomy/term/8006)   
(5) muscle tension   
(6) sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep)

D. The focus of the anxiety and worry is not confined to features of an [Axis I](http://behavenet.com/taxonomy/term/6789) disorder, e.g., the anxiety or worry is not about having a [Panic Attack](http://behavenet.com/taxonomy/term/7399) (as in [Panic Disorder](http://behavenet.com/taxonomy/term/7398)), being embarrassed in public (as in [Social Phobia](http://behavenet.com/taxonomy/term/7477)), being contaminated (as in [Obsessive-Compulsive Disorder](http://behavenet.com/taxonomy/term/7390)), being away from home or close relatives (as in [Separation Anxiety Disorder](http://behavenet.com/taxonomy/term/7452)), gaining weight (as in [Anorexia Nervosa](http://behavenet.com/taxonomy/term/7192)), having multiple physical complaints (as in [Somatization Disorder](http://behavenet.com/taxonomy/term/7478)), or having a serious illness (as in [Hypochondriasis](http://behavenet.com/taxonomy/term/7335)), and the anxiety and worry do not occur exclusively during [Posttraumatic Stress Disorder](http://behavenet.com/taxonomy/term/7425).

E. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

F. The disturbance is not due to the direct physiological effects of a [substance](http://behavenet.com/taxonomy/term/8673) (e.g., a drug of abuse, a medication) or a general medical condition (e.g., hyperthyroidism) and does not occur exclusively during a [Mood Disorder](http://behavenet.com/taxonomy/term/7360), a Psychotic Disorder, or a [Pervasive Developmental Disorder](http://behavenet.com/taxonomy/term/7403).

*Reprinted with permission from the*[*Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision.*](http://behavenet.com/taxonomy/term/7261)*Copyright 2000*[*American Psychiatric Association*](http://www.psych.org/)

**DSM Version**

DSM IV

**DSM Criteria**

A. Excessive anxiety and [worry](http://behavenet.com/taxonomy/term/13538) (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).

B. The person finds it difficult to control the worry.

C. The anxiety and worry are associated with three (or more) of the following six [symptoms](http://behavenet.com/taxonomy/term/11301) (with at least some symptoms present for more days than not for the past 6 months). Note: Only one item is required in children.

(1) restlessness or feeling keyed up or on edge   
(2) being easily fatigued   
(3) difficulty concentrating or mind going blank   
(4) [irritability](http://behavenet.com/taxonomy/term/8006)   
(5) muscle tension   
(6) sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep)

D. The focus of the anxiety and worry is not confined to features of an [Axis I](http://behavenet.com/taxonomy/term/6789) disorder, e.g., the anxiety or worry is not about having a [Panic Attack](http://behavenet.com/taxonomy/term/7399) (as in [Panic Disorder](http://behavenet.com/taxonomy/term/7398)), being embarrassed in public (as in [Social Phobia](http://behavenet.com/taxonomy/term/7477)), being contaminated (as in [Obsessive-Compulsive Disorder](http://behavenet.com/taxonomy/term/7390)), being away from home or close relatives (as in [Separation Anxiety Disorder](http://behavenet.com/taxonomy/term/7452)), gaining weight (as in [Anorexia Nervosa](http://behavenet.com/taxonomy/term/7192)), having multiple physical complaints (as in [Somatization Disorder](http://behavenet.com/taxonomy/term/7478)), or having a serious illness (as in [Hypochondriasis](http://behavenet.com/taxonomy/term/7335)), and the anxiety and worry do not occur exclusively during [Posttraumatic Stress Disorder](http://behavenet.com/taxonomy/term/7425).

E. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

F. The disturbance is not due to the direct physiological effects of a [substance](http://behavenet.com/taxonomy/term/8673) (e.g., a drug of abuse, a medication) or a general medical condition (e.g., hyperthyroidism) and does not occur exclusively during a [Mood Disorder](http://behavenet.com/taxonomy/term/7360), a Psychotic Disorder, or a [Pervasive Developmental Disorder](http://behavenet.com/taxonomy/term/7403).