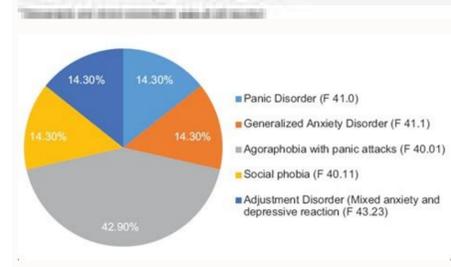


I'm not robot!

Category	Item	Count
Demographics	Age (Mean)	37.0 (SD=10.0)
	Male	150 (50.0%)
	Female	150 (50.0%)
	Marital Status	150 (50.0%)
	Employment Status	150 (50.0%)
	Education	150 (50.0%)
	Income	150 (50.0%)
	Health Insurance	150 (50.0%)
	Comorbidity Status	150 (50.0%)
	Study Site	150 (50.0%)
Clinical Features	Onset (Mean)	25.0 (SD=5.0)
	Duration (Mean)	10.0 (SD=3.0)
	Severity (Mean)	7.0 (SD=2.0)
	Functional Impairment (Mean)	6.0 (SD=2.0)
	Quality of Life (Mean)	5.0 (SD=2.0)
	Comorbidity (Mean)	4.0 (SD=2.0)
	Family History (Mean)	3.0 (SD=2.0)
	Genetics (Mean)	2.0 (SD=2.0)
	Neurobiology (Mean)	1.0 (SD=2.0)
	Treatment (Mean)	0.0 (SD=2.0)
Treatment	Medication (Mean)	1.0 (SD=2.0)
	Psychotherapy (Mean)	1.0 (SD=2.0)
	Support (Mean)	1.0 (SD=2.0)
	Relaxation (Mean)	1.0 (SD=2.0)
	Exercise (Mean)	1.0 (SD=2.0)
	Yoga (Mean)	1.0 (SD=2.0)
	Meditation (Mean)	1.0 (SD=2.0)
	Acupuncture (Mean)	1.0 (SD=2.0)
	Herbal (Mean)	1.0 (SD=2.0)
	Other (Mean)	1.0 (SD=2.0)
Outcomes	Remission (Mean)	1.0 (SD=2.0)
	Response (Mean)	1.0 (SD=2.0)
	Stability (Mean)	1.0 (SD=2.0)
	Quality of Life (Mean)	1.0 (SD=2.0)
	Functional Impairment (Mean)	1.0 (SD=2.0)
	Comorbidity (Mean)	1.0 (SD=2.0)
	Family History (Mean)	1.0 (SD=2.0)
	Genetics (Mean)	1.0 (SD=2.0)
	Neurobiology (Mean)	1.0 (SD=2.0)
	Treatment (Mean)	1.0 (SD=2.0)



BORDERLINE PERSONALITY DISORDER

Between 0.5% and 1.7% of people have borderline personality disorder



Ages: 30-39

MEN ARE AS LIKELY AS WOMEN TO HAVE BORDERLINE PERSONALITY DISORDER

PEOPLE AGED 30-39 MORE OFTEN HAVE BORDERLINE PERSONALITY DISORDER THAN PEOPLE AGED 18-29, THEN 50-65, AND THEN 40-49

BPD and SUICIDE

75% APPROXIMATELY 75% OF THE PEOPLE WITH BORDERLINE PERSONALITY DISORDER ATTEMPT SUICIDE

CHILDHOOD SEXUAL ABUSE, SUBSTANCE ABUSE, AND MAJOR DEPRESSION INCREASE AMOUNT OF SUICIDE ATTEMPTS

<40 MOST SUICIDE ATTEMPTS OCCUR BEFORE THE AGE OF 40

10% OF THE PEOPLE WITH BPD COMPLETE SUICIDE

COMORBIDITY

- ▶ A HIGH PERCENTAGE OF PEOPLE WITH BORDERLINE PERSONALITY DISORDER CONTINUE TO SUFFER FROM EPISODES OF AXIS I DISORDERS OVER TIME, EVEN AFTER 6 YEARS.
- ▶ AFTER 6 YEARS, 75% ALSO HAD A MOOD DISORDER, 60% AN ANXIETY DISORDER, 34% AN EATING DISORDER, AND 19% A SUBSTANCE USE DISORDER.
- ▶ THE BIGGEST PREDICTOR OF A REMISSION FOR BPD IS THE ABSENCE OF A SUBSTANCE ABUSE DISORDER

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THE PREVALENCE OF SELF-REPORTED SOCIAL ANXIETY DISORDER ON IRANIAN STUDENTS

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Abstract

Social anxiety is a common disorder and it has a high comorbidity with other disorders. This study aimed to examine the prevalence of social anxiety among Iranian students (N=960). The participants answered to questionnaires on demographic characteristics, fear of negative evaluation and social interaction anxiety scale. The data were evaluated on the basis of scores located above the cut-off points to examine the prevalence of social anxiety and its associated characteristics as well.

The results showed that 5.2 percent of students suffered from social anxiety. The prevalence of social anxiety in female and male students was determined as 5.5% and 4.7% respectively. The data analysis showed that there female and male students were significantly different in terms of level of social anxiety. In addition, undergraduate students had more social anxiety than graduate students and this difference was also statistically significant. There was not any sign of social anxiety among doctoral students.

The prevalence of social anxiety was not significantly different between native and nonnative students. In general, one could conclude that students were afraid of being negatively evaluated by others and they suffered from social interaction anxiety. These results were consistent with the results of other studies in terms of the prevalence of social anxiety and socio-demographic characteristics of the studied population.

Key words: Social anxiety, prevalence, self-report, student, fear of negative evaluation, social interaction anxiety.

2. Introduction

The social anxiety disorder, which was previously called social phobia, is a generalized disorder. When such a person faces others in a community or when he/she is obliged to do an action in front of them (for example, give a speech), he/she experiences a severe and pervasive fear. Those

Table 2. Relationship Between GAD-7 Severity Score and SF-20 Health-Related Quality of Life Scales*

Level of Anxiety Severity GAD-7 Scale Score	Mean (95% Confidence Interval) SF-20 Scale Score					
	Mental	Social	Role	General	Pain	Physical
Minimal 0-4 (n = 1182)	82 (81-83)	91 (89-92)	84 (82-85)	68 (67-69)	71 (70-72)	84 (82-85)
Mild 5-9 (n = 511)	65 (64-66)	79 (77-81)	69 (66-73)	52 (50-54)	56 (54-58)	74 (72-76)
Moderate 10-14 (n = 264)	54 (52-55)	69 (66-71)	59 (54-63)	43† (40-45)	51† (48-54)	66† (63-69)
Severe 15-21 (n = 171)	41 (39-43)	55 (52-59)	46 (40-52)	39† (36-43)	47† (43-50)	61† (58-65)

Abbreviations: GAD-7, generalized anxiety disorder 7-item scale; SF-20, Medical Outcomes Study Short-Form General Health Survey.
 *SF-20 scores are adjusted for age, sex, race, education, and study site. Point estimates for the mean and 95% confidence intervals ($\pm 1.96 \times$ standard error of the mean) are displayed. Number of patients adds to 2128 because of missing data. Missing data for any subscale of SF-20 was less than 5%.
 †Pairwise comparisons within each scale that are not significant from one another. However, most pairwise comparisons of mean SF-20 scores with each GAD-7 scale level within each scale are significant at $P < .05$ by using a Bonferroni correction for multiple comparisons.

Generalized anxiety disorder test free. Generalized anxiety disorder test reddit. Generalized anxiety disorder test results. Generalized anxiety disorder test child. Generalized anxiety disorder test gad 7. Generalized anxiety disorder test pdf. Generalized anxiety disorder test score. Generalized anxiety disorder test teenager.

See your GP if anxiety is affecting your daily life or is causing you distress. Generalised anxiety disorder (GAD) can be difficult to diagnose. In some cases, it can also be difficult to distinguish from other mental health conditions, such as depression. You may have GAD if your worrying significantly affects your daily life, including your job and social life. Your worries are extremely stressful and upsetting. You worry about all sorts of things and have a tendency to think the worst. Your worrying is uncontrollable. You have felt worried nearly every day for at least 6 months. Your GP may ask you questions about any physical or psychological symptoms and how long you have had them. Your worries, fears and emotions may affect your personal life. You may find it difficult to talk about your feelings, emotions and personal life. But it's important that your GP understands your symptoms and circumstances so the correct diagnosis can be made. You're most likely to be diagnosed with GAD if you have had symptoms for 6 months or more. Finding it difficult to manage your feelings of anxiety is also an indication that you may have the condition. To help with the diagnosis, your GP may carry out a physical examination or blood tests to rule out other conditions that may be causing your symptoms, such as: Page last reviewed: 19 December 2018 Next review due: 19 December 2021 Over the last 2 weeks, how often have you been bothered by the following problems? When screening for anxiety disorders, a score of 8 or greater represents a reasonable cut-point for identifying probable cases of generalized anxiety disorder; further diagnostic assessment is warranted to determine the presence and type of anxiety disorder. Using a cut-off of 8 the GAD-7 has a sensitivity of 92% and specificity of 76% for diagnosis generalized anxiety disorder. 2,3 The following cut-offs correlate with level of anxiety severity: Score 0-4: Minimal Anxiety Score 5-9: Mild Anxiety Score 10-14: Moderate Anxiety Score greater than 15: Severe Anxiety Based on a recent meta-analysis, some experts have recommended considering using a cut-off of 8 in order to optimize sensitivity without compromising specificity. 2,3 Although designed as a screening tool for generalized anxiety, the GAD-7 is also performs reasonably well as a screening tool for three other common anxiety disorders—Panic Disorder, Social Anxiety Disorder, and Posttraumatic Stress Disorder. 3 Performance of GAD-7 as Screening Tool for Anxiety Disorders 3 (Using GAD-7 Score Cut-off of ≥ 10) Test Sensitivity Specificity Positive Likelihood Ratio Generalized Anxiety Disorder 89% 82% 5.1 Panic Disorder 74% 68% 3.9 Social Anxiety Disorder 72% 80% 3.6 Post-Traumatic Stress Disorder 66% 81% 3.5 Any anxiety disorder 68% 88% 5.5 Spitzer RL, Kroenke K, Williams JB, Löwe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006;166:1092-7. Plummer F, Manea L, Trepel D, McMillan D. Screening for anxiety disorders with the GAD-7 and GAD-2: a systematic review and diagnostic metaanalysis. Gen Hosp Psychiatry. 2016;39:24-31. Kroenke K, Spitzer RL, Williams JB, Monahan PO, Löwe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Ann Intern Med. 2007;146:317-25. The GAD-7 was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute. This free general anxiety disorder test (GAD test) is for informational purposes only. This general anxiety disorder test is not intended to diagnose or treat any mental illness, and should not take the place of evaluation by a licensed behavioral healthcare professional. Contact the Anxiety Treatment Center of Austin for a free phone consultation with a licensed psychologist. Adapted from: Spitzer, R. L., Kroenke, K., Williams, J. W., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: The GAD-7. Archives of Internal Medicine, 166(10), 1092-1097. Medical Reviewer: Caroline Buzanko, PhD Below is a list of questions designed for people who are experiencing anxiety-inducing thoughts. The questions relate to life experiences common among people who have been diagnosed with generalized anxiety disorder (GAD). Please read each question carefully, and indicate how often you have experienced the same or similar challenges in the past few months. This quiz is NOT a diagnostic tool. Mental health disorders can only be diagnosed by licensed health care professionals. Pyscom believes assessments can be a valuable first step toward getting treatment. All too often people stop short of seeking help out of fear their concerns aren't legitimate or severe enough to warrant professional intervention. According to the Anxiety & Depression

Association of anxiety disorders or the most common mental illness in the United States, affecting some 30 million adults, or about 18% of the population. Childhood anxiety disorders are even more common, affecting one-quarter of those ages 13 to 18 in the U.S. And nearly half of those diagnosed with depression — which affects 17.3 million adults 18 and older in the U.S. and 264 million people worldwide — are also diagnosed with anxiety. So the next time you feel alone, or like no one will understand, take comfort in the fact that you are part of the 1 in 13 people worldwide who suffers from anxiety, according to the World Health Organization (WHO). That's hundreds of millions of people who get it!While online quizzes like this can help someone understand their feelings, they should be followed up with a professional assessment. Your medical doctor or a mental health professional, such as a psychiatrist, psychologist or licensed clinical social worker, can help. According to NYU Langone Health, an anxiety test for adults from a health care professional will include a physical exam, a lot of questions about your symptoms and any medications you are taking (some drugs can cause anxiety as a side effect), and potentially a blood test, to rule out any physical conditions that could be causing anxiety like hypothyroidism. If physical or pharmaceutical causes are ruled out, a health care professional will then conduct a psychological evaluation, asking more questions about your symptoms — including how long you've experienced them and whether they persist or come and go — and whether anyone in your family has had a history of anxiety disorder or depression. This eval can also detect or rule out the presence of conditions like PTSD or an eating disorder, which can accompany anxiety disorders. Can I get diagnosed with anxiety by an online mental health provider? While online assessments can let you know whether you are experiencing symptoms associated with an anxiety disorder, it's best to see a health care professional in person to rule out or discover and treat any physical causes of your symptoms. Only qualified health care professionals can make an accurate diagnosis and start you on a treatment plan. Anxiety is highly treatable often through a combination of cognitive behavior therapy and, in some cases, medication. Your privacy is important to us. All results are completely anonymous. What is an anxiety disorder? We all feel anxious from time to time, but anxiety disorders are more than a temporary bout of worry or fear. An anxiety disorder is characterized by persistent, overwhelming feelings of anxiety, worry, or fear that are intense enough to interfere with an individual's day-to-day life. People with an anxiety disorder experience stress that is out of proportion to the thing they are worrying about and are unable to put these negative thoughts aside. They may feel constantly tense and on-edge, even if they aren't certain what exactly they are anxious about. What are the different types of anxiety? There are several types of anxiety disorders, including generalized anxiety disorder, social anxiety disorder, panic disorder, agoraphobia, separation anxiety disorder, and specific phobias. Examples of common specific phobias include pteromerhanophobia (fear of flying), claustrophobia (fear of enclosed spaces) and arachnophobia (fear of spiders). How do I know if I have anxiety? Anxiety is a normal reaction to many things in life that may cause us to feel threatened, challenged or under pressure. Feeling anxious from time to time is no great cause for concern. However, if you experience persistent anxiety that feels overwhelming, unforgettable and interferes with your daily life, you may be dealing with the symptoms of an anxiety disorder. Always reach out to a mental health professional for expert advice on whether your symptoms meet the criteria for a diagnosis. What causes anxiety and anxiety disorders is complex. It is likely that a combination of both genetics and environmental factors play a role in why some individuals are more prone to anxiety than others. Some events, emotions, or experiences may make it more likely for the symptoms of anxiety to begin or worsen—these are known as triggers. Anxiety triggers can cause panic attacks in some people and differ from person to person and so working with a mental health professional to identify what your triggers are and how you can react when faced with them can be incredibly helpful. How do I deal with anxiety? There are many ways to deal with anxiety and combining a variety of approaches may help. For those with a diagnosed anxiety disorder, a combination of psychotherapy alongside a medication plan can be very effective. For those who experience anxiety from time to time, there are a variety of relaxation techniques to try that may quell feelings of worry or fear: breathing techniques, meditation, and progressive muscle relaxation are just some examples of techniques to try. Finding a distraction, taking part in physical activity, and talking to someone you trust are also all great options for relieving everyday anxiety. Treatment for anxiety typically consists of a combination of psychotherapy (talk therapy) and medication. Cognitive behavioral therapy (CBT) is the most effective form of psychotherapy for generalized anxiety disorder. CBT teaches specific skills to manage your worries and help you gradually return to the activities you have avoided because of anxiety. What medications are used in the treatment of anxiety? Several types of medications are used in the treatment of generalized anxiety disorder, including antidepressants (including SSRIs and SRNIs), buspirone and benzodiazepines. Always talk with your doctor or mental health professional about the benefits, risks and possible side effects of medication for anxiety. How can I use CBD oil for anxiety? Early research is promising regarding the ability of CBD oil to help relieve anxiety. Although more research is needed, specifically on humans and generalized anxiety disorder to confirm if CBD can reduce the symptoms of anxiety, you may be interested in talking to your doctor to figure out a starting dosage that is right for you. While CBD is generally considered safe, some people who take CBD may experience some side effects such as diarrhea, fatigue, and changes in appetite. CBD may also interfere with certain medications or dietary supplements. One case study on a child under 18 offered evidence that CBD is effective as a safe alternative treatment to traditional psychiatric medications for reducing anxiety and insomnia. Social anxiety disorder is a chronic mental health condition in which social interactions cause irrational anxiety. Social anxiety is more than just feeling shy. People with social anxiety have an intense fear of situations where they could be watched, judged, embarrassed, or rejected by others. The symptoms are so extreme that they interfere with the person's daily routine and prevent them from taking part in ordinary activities. How can I help someone with anxiety? Knowing the symptoms of anxiety can help you realize and act when someone you care about is in distress. Common anxiety behaviors include avoidance of feared situations or events (for example, children with school refusal), seeking reassurance, second-guessing, and irritability. The best treatment involves a combination of both ... 6/12/2021 · Anxiety Disorder Test, Self Quiz - Take this free online anxiety disorder test to see if you have anxiety disorder, and if so, to what degree. Complete this short 20 question free online anxiety disorder quiz to see if you have anxiety disorder. Go through each question and answer it according to how you truly feel. All questions require an answer.

Do I Have Anxiety? Anxiety disorders affect about 40 million adults in the United States - almost 20% - so, if you have anxiety, you are not alone. Take our anxiety quiz to see if you may be suffering from symptoms of an Anxiety disorder. Prepared By: Thea Gallagher, Psy.D. Anxiety is one of the most common mental illnesses: Approximately 18% of the adult population is affected by an anxiety disorder in any given year. This test combines multiple psychological instruments into one, to screen for five frequent anxiety disorders in adults: Generalized Anxiety Disorder, Social Phobia, Specific Phobia, Adult ... 15/12/2016 · Take the Generalized Anxiety Disorder 7 Item Scale to find out. This is a test developed by Generalized Anxiety Disorder experts. This is a screening test for generalized anxiety disorder developed by the Anxiety and Depression Association of America (ADAA). Print the results of this test and bring to your mental health doctor. If you suspect that you might suffer from generalized anxiety disorder, also known as GAD, answer the questions below, print out the results and share them with your health care professional. All screening tools are downloadable from this website and no permission is required to reproduce, translate, display or distribute them. To locate a specialist who treats ... 6/6/2022 · This worry may cause headaches, muscular tension, restlessness, heart palpitations, and stomach upsets. GAD is more common in girls and rarely emerges before adolescence. If you notice any of the following symptoms in your child, take the results of this screener test to mental health professional for evaluation. An online anxiety test is an efficient way to determine if you are experiencing symptoms of anxiety. Take this research-proven test... Generalized anxiety disorder (GAD), which causes a lasting and out-of-proportion feeling of anxiousness about regular events and activities. 25/9/2020 · The score of 5 is the cut of point for mild anxiety, 6 to 10 represents moderate anxiety and a score of 11 to 15 denotes severe anxiety. It is recommended that further assessment is carried out if an individual has a score above 10. In fact, the additional evaluation is essential if this test is being used as a screening tool. DSM-5 Diagnostic Criteria for Generalized Anxiety Disorder (GAD) The Diagnostic and Statistical Manual of Mental Disorders (DSM), or DSM-5, outlines that 3.1%, or 6.8 million adults in the United States have generalized anxiety disorder. When assessing for generalized anxiety disorder, medical professionals are looking for the following ... Generalized anxiety disorder is a condition of excessive worry about everyday issues and situations. It lasts longer than 6 months. In addition to feeling worried you may also feel restlessness, fatigue, trouble concentrating, irritability, increased muscle tension, and trouble sleeping. The best treatment involves a combination of both ... 6/12/2021 · Anxiety Disorder Test, Self Quiz - Take this free online anxiety disorder test to see if you have anxiety disorder, and if so, to what degree. Complete this short 20 question free online anxiety disorder quiz to see if you have anxiety disorder. Go through each question and answer it according to how you truly feel. All questions require an answer.

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