

Tips for prevention and recovery

- Reduce consumption of beverages that contains caffeine (e.g. Tea, coffee, cola and other sugary drinks).
- Eat a well-balanced diet containing plenty of fruits and vegetables.
- Include some form of exercise on a daily basis (e.g. Walking, yoga, deep breathing).
- Plan ahead and organise for anxiety causing events.
- Recognise the symptoms and use relaxation techniques before the anxiety escalates.
- Seek help from friends, family members, and / or your therapist.

A public education initiative sponsored by

Johnson & Johnson

Useful telephone number

Appointments / Specialist 6294-4050
Outpatient Clinics
Enquiries Hotline



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KK Women's and
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SingHealth

Generalised Anxiety Disorder



Reg No 198904227G PDP/Mgad0617

PATIENTS. AT THE HEART OF ALL WE DO.

What is Generalised Anxiety Disorder (GAD)

Generalised Anxiety Disorder (GAD) is a common anxiety disorder that involves uncontrollable worrying, nervousness and tension. People with GAD worry about everyday life events with no apparent reason for concern. The worry is often unrealistic or out of proportion. It interferes with the daily functioning of a person's life and may also affect their relationships.

Symptoms of GAD

Symptoms related to feelings:



Restlessness



Edgy



Jumpy



Irritable



Wound-up



Apprehensive

Cognitive symptoms:

- Difficult to concentrate or focus on task.
- Unable to control or stop worrying.
- Unrealistic view of problems.
- Mind going blank.
- Unable to tolerate uncertainty.
- Difficult to fall asleep or stay asleep longer.
- Avoiding situations / putting things off that make you overwhelmed or anxious.

Physical symptoms:



Sweaty palms,
trembling or
numbness



Stomach problems,
nausea, diarrhoea,
headaches



Tiredness, muscle
tension, body aches,
rapid heartbeat



Unable to relax
and enjoy quiet
time by oneself

What causes GAD

Genetic factors

Individuals who have a family history of anxiety / mood disorders are more likely to develop GAD.

Life experiences

Particularly stressful life incidents such as an accident, sudden death of close family member or friend.

Individuals who have gone through a traumatic life experience such as physical, emotional, sexual abuse may also develop GAD.

Biological factors

Some changes in the brain functioning due to the chemical called neurotransmitters, that transmit information from one cell to another have also been linked to GAD.

Substance abuse

Excessive use of caffeine, alcohol, tobacco smoking have been established as a risk factor for developing anxiety disorders.

What are the treatment options

GAD can be effectively managed with:

Psychotherapy

GAD can often be well managed by various therapies such as Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT).

CBT has been proven to be effective in treating GAD. It teaches individuals to recognise their thoughts and ways to change their behaviour in situations that trigger anxiety.

Relaxation techniques

Practising relaxation techniques such as deep breathing, progressive muscle relaxation and meditation can be very useful to calm the mind and body.

Regular practice of these techniques can help to significantly bring down stress levels and assist the individual to be more mindful of his / her bodily sensations when faced with situations that cause anxiety.

Medication

Your doctor may prescribe medication to treat generalised anxiety disorder in cases where the anxiety is interfering with the daily functioning and well-being. Discuss any concerns with your doctor, so you can collaboratively work out the best treatment plan for your situation.

