

TREATMENT FOR GENERALIZED ANXIETY DISORDER

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[Generalized anxiety disorder - Diagnosis and treatment ...](#)

Excessive, ongoing anxiety and worry can interfere with your daily activities and may be a sign of generalized anxiety disorder, but treatment can help. This content does not have an English version. This content does not have an Arabic version.

[Generalized Anxiety Disorder | Psychology Today](#)

Generalized anxiety disorder (GAD) is much more than the normal anxiety people experience day to day. It is chronic and sufferers experience severe worry and tension, often without provocation.

[Generalized Anxiety Disorder \(GAD\): Symptoms, Treatment ...](#)

Generalized anxiety disorder (GAD) is a common anxiety disorder that involves constant and chronic worrying, nervousness, and tension. Unlike a phobia, where your fear is connected to a specific thing or situation, the anxiety of generalized anxiety disorder is diffused a general feeling of dread or unease that colors your whole life.

[Effective treatments for generalized anxiety disorder, Effective treatments for generalized anxiety disorder,](#)

[Research Director: Dr. Javier Anderegge, 1- 1- Abstract,](#)

Both in applied research and in clinical practice it is common to have to evaluate the change

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Many psychological treatments, such as relaxation training, meditation, biofeedback and stress management, can help with generalized anxiety. Many people with generalized anxiety also benefit from supportive counselling or family therapy. However, research shows that the most effective form of treatment for generalized anxiety is cognitive-behavioural therapy (CBT).

Medications have also been

[Generalized Anxiety Disorder Treatment - Psych Central](#)

Treatment for generalized anxiety disorder (GAD) is varied, and a number of approaches work equally well.

Typically the most effective treatment will be an approach which incorporates both

[Treatment Considerations for Generalized Anxiety Disorder ...](#)

Abstract. A multipronged approach to generalized anxiety disorder (GAD) is considered the most effective and safest way to treat anxiety due to the wide range of causal factors and dysregulation of various neurotransmitters that are often involved.

Generalized Anxiety Disorder | HealthLink BC

Generalized anxiety disorder is treated with medicines and/or therapy. Cognitive-behavioural therapy is a type of therapy used to treat generalized anxiety disorder. In cognitive-behavioural therapy, your therapist will help you learn how to recognize and replace thoughts that make you feel stressed and worried.

Generalized Anxiety Disorder Treatment & Medications

Psychotherapy, with or without medication, is often considered a fundamental aspect of treatment for generalized anxiety disorder. Several specific forms of psychotherapy have been described in