

Anxiety Disorders:

Core Symptoms:

Social Anxiety Disorder

Anxiety about other people thinking badly of you, fear of being judged, fear of embarrassment, fear of rejection in social situations, and in autism, fear of not understanding how to act in social situations.

Specific Phobias

Extreme fear and distress because of a specific object or situation. Common fears: animals, natural environments (like storms), blood, injection, or injuries, situations like being somewhere high, or something else.

Separation Anxiety Disorder

Anxiety about separation from a loved one (usually the caregiver) and/or being away from the home.

Generalized Anxiety

Uncontrollable negative thinking across a range of everyday topics happening over and over. Youth with generalized anxiety are commonly afraid of making mistakes. They may also worry about bad things that could happen in the future. They may experience perfectionism, or worry about how competent they are at something (like sports, hobbies, school, etc.).

Anxiety Disorders:

Core Symptoms:

Selective Mutism

Someone cannot speak or respond to others in certain settings in which they are expected to speak e.g., school (although they are able to speak in other settings).

Panic Fears

Experiences unexpected panic attacks over and over, which is when someone feels extremely scared very quickly and experiences uncomfortable physical sensations. Some people may also become anxious about any future panic attacks they might have.

Agoraphobia

Fear about situations in which you cannot easily escape or get help if needed (like in enclosed places or big crowds).

Obsessive-Compulsive Disorder (OCD)

Experiences unwanted thoughts (obsessions) and performs repetitive behaviors (compulsions) to relieve distress from the thoughts. Common themes include contamination (fears of contamination and washing or cleaning behavior), harm (fears of harm and checking/reassurance-seeking), taboo thoughts (having “bad” thoughts and checking or reassurance-seeking behaviors), and/or symmetry (needing things to be “just-right” or even).