

Table 1

Simplified diagnostic criteria for DSM-IV-TR Generalised Anxiety Disorder

A Excessive anxiety and worry, occurring more days than not for at least six 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 at least three of the following six symptoms:

- restlessness or feeling keyed up or on edge
- being easily fatigued
- difficulty concentrating or mind going blank
- irritability
- muscle tension
- sleep disturbance

D The focus of the worry is not confined to the features of an Axis 1 disorder (panic disorder, social phobia, obsessive compulsive disorder, somatisation disorder, hypochondriasis or PTSD)

E There is 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 or medication, or a medical condition (e.g. hyperthyroidism) and does not occur exclusively during a mood disorder, psychotic disorder, or pervasive developmental disorder