



# Harvard Medical School Coping with Anxiety and Phobias (Harvard Medical School Special Health Reports)

*Michael J. Mufson, M.D.*

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## **Harvard Medical School Coping with Anxiety and Phobias (Harvard Medical School Special Health Reports) Michael J. Mufson, M.D.**

Everyone worries or gets scared sometimes. But if you feel extremely worried or afraid much of the time, or if you repeatedly feel panicky, you may have an anxiety disorder. Anxiety disorders which include panic attacks, post-traumatic stress disorder, obsessive-compulsive disorder, and phobias are among the most common mental illnesses, affecting roughly 40 million American adults each year. Thankfully, never before have there been so many therapies to help control anxiety. This report will provide up-to-date information on these treatments, including medications, exposure therapy, cognitive-behavioral therapy, hypnosis, meditation, and exercise. It also includes information on the many types of anxiety disorders, their symptoms, causes, and getting a proper diagnosis, as well as advice on making treatment work for you.

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