**ANXIETY DISORDERS CHOICE BOARD**

Skim the article and watch the video(s) associated with the anxiety disorder you have been assigned to research.

| **Generalized Anxiety Disorder (GAD)** | **Obsessive Compulsive Disorder (OCD)** | **Panic Attacks/ Panic Disorder** | **Phobias** | **Post-traumatic Stress Disorder (PTSD)** | **Social Anxiety Disorder** |
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| **Article:** [GAD: Symptoms and Treatment](https://my.clevelandclinic.org/health/diseases/23940-generalized-anxiety-disorder-gad) | **Article:** [OCD: Symptoms and Treatment](https://my.clevelandclinic.org/health/diseases/9490-ocd-obsessive-compulsive-disorder) | **Article**: [What is a Panic Attack?](https://careplusnj.org/what-is-a-panic-attack-symptoms-causes-and-treatment/) | **Article:** [10 of the Most Common Phobias](https://www.verywellmind.com/most-common-phobias-4136563) | **Article:** [PTSD: Symptoms and Treatment](https://my.clevelandclinic.org/health/diseases/9545-post-traumatic-stress-disorder-ptsd) | **Article:** [Everything](https://www.verywellhealth.com/what-is-social-anxiety-disorder-5087486) You Need to Know About Living With Social Anxiety Disorder |
| **Video:** [4 Warning Signs of GAD](https://www.youtube.com/watch?v=-ieJU5gklO4) | **Video:** [What Causes OCD?](https://www.youtube.com/watch?v=dQXx_2rFPzQ) | **Video:** [What Causes Panic Attacks?](https://www.youtube.com/watch?v=IzFObkVRSV0) | **Video:** [Phobias](https://www.youtube.com/watch?v=PCOg2G797ek) | **Video:**[The Psychology of PTSD](https://www.youtube.com/watch?v=b_n9qegR7C4) | **Video:** [What is Social Anxiety Disorder?](https://www.youtube.com/watch?v=DK4tr5C-IQo) |
| **Video:** [Symptoms and Strategies for GAD in Children and Teens](https://www.youtube.com/watch?v=4WJS0O1llUo) | **Video:** [Howie Mandel opens up about his OCD diagnosis](https://www.youtube.com/watch?v=bDIq_o-A51M) | **Video:** [What Panic Attacks Feel Like](https://www.youtube.com/watch?v=uPlhgtQqA6c) |  |  | **Video:** [A Student with Social Anxiety on Why a 1st Impression Isn’t Always Enough](https://www.youtube.com/watch?v=mOHngOg-w_4) |