

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
Article: GAD: Symptoms and Treatment	Article: OCD: Symptoms and Treatment	Article: What is a Panic Attack?	Article: 10 of the Most Common Phobias	Article: PTSD: Symptoms and Treatment	Article: Everything You Need to Know About Living With Social Anxiety Disorder
Video: 4 Warning Signs of GAD	Video: What Causes OCD?	Video: What Causes Panic Attacks?	Video: Phobias	Video: The Psychology of PTSD	Video: What is Social Anxiety Disorder?
Video: Symptoms and Strategies for GAD in Children and Teens	Video: Howie Mandel opens up about his OCD diagnosis	Video: What Panic Attacks Feel Like			Video: A Student with Social Anxiety on Why a 1st Impression Isn't Always Enough