

Generalized Anxiety Disorder DSM-5 Criteria

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) is the standard classification of mental disorders used by mental health professionals in the United States.



Below are the DSM-5 diagnostic criteria for generalized anxiety disorder (GAD). Place a checkmark next to each criterion you observe.

Diagnostic criteria	<input checked="" type="checkbox"/>
A. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).	<input type="checkbox"/>
B. The individual finds it difficult to control the worry.	<input type="checkbox"/>
C. The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms having been present for more days than not for the past 6 months): <i>Note: Only one item is required in children.</i> <ul style="list-style-type: none">• Restlessness or feeling keyed up or on edge• Being easily fatigued• Difficulty concentrating or mind going blank• Irritability• Muscle tension• Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep)	<input type="checkbox"/>
D. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.	<input type="checkbox"/>

Diagnostic criteria	✓✓
E. The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism).	
F. The disturbance is not better explained by another mental disorder (e.g., anxiety or worry about having panic attacks in panic disorder, negative evaluation in social anxiety disorder, contamination or other obsessions in obsessive- compulsive disorder, separation from attachment figures in separation anxiety disorder, reminders of traumatic events in posttraumatic stress disorder, gaining weight in anorexia nervosa, physical complaints in somatic symptom disorder, perceived appearance flaws in bod dysmorphic disorder, having a serious illness in illness anxiety disorder, or the content of delusional beliefs in schizophrenia or delusional disorder).	
Notes or remarks	