General Anxiety Disorder (GAD) 
**6.8 MILLION AMERICANS**

Generalized Anxiety Disorder is characterized by a persistent, unidentifiable worry. The disorder affects more than 3% of the U.S. population, with women affected about twice as often as men. [Source]

Panic Disorder 
**6 MILLION AMERICANS**

Panic disorder refers to spontaneous anxiety attacks and preoccupation with the fear of a recurring attack. About 3% of Americans experience them. [Source]

Social Anxiety Disorder (SAD) 
**15 MILLION AMERICANS**

Social anxiety disorder is defined by a fear of being judged, negatively evaluated, or rejected in a social situation. It affects about 6.8% of adults nationwide. [Source]

Obsessive Compulsive Disorder (OCD) 
**2.2 MILLION AMERICANS**

OCD is an anxiety disorder marked by intrusive and unwanted thoughts and compulsions. Common triggers include contamination, cleanliness and aggressive impulses [Source]

Posttraumatic Stress Disorder (PTSD) 
**7.7 MILLION AMERICANS**

PTSD is a potentially debilitating condition associated with traumatic experiences, such as natural disasters, serious accidents, or violence. [Source]