

ANXIETY DISORDER STATISTICS

3.1%

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](#)]

2.7%

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](#)]

6.8%

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](#)]

1.0%

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](#)]

3.5%

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](#)]