

## Give A Good Thought Before Taking The Anxiety Disorder Medication

By Beth Kaminski

Anxiety disorder is a blanket term covering several different forms of uncontrollable fears and anxieties. Such fears and anxiety came under the aegis of psychiatry at the end of 19th century only. Until then, patients of anxiety disorder were left to suffer alone or were taken as abnormal if not insane. Some of the psychological disorders encompassed by anxiety disorder are:

- o Panic disorder
- o General anxiety disorder
- o Agoraphobia
- o Specific phobia
- o Social phobia
- o Obsessive-compulsive disorder
- o Post traumatic disorder

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As a leading expert in the field of anxiety or panic attacks, Beth Kaminski is always on the lookout for ways to treat panic attacks. Visit her site for more information on treating panic disorder and much more.