



Anxiety Disorders Program – Overview

Royal Ottawa Mental Health Centre

Anxiety disorders are prevalent, serious and persistent health problems affecting behaviour, thoughts, feelings and physical sensations. Research shows that 10-20 per cent of the population experiences such disorders.

The main characteristics may include excessive anxiety, fear, worry, panic attacks, avoidance, obsessive thoughts and compulsive actions. People of all social, economic, cultural and ethnic backgrounds can be affected. Health, relationships and overall functioning can also be impacted.

Anxiety disorders include:

- Panic Disorder
- Agoraphobia (avoidance of spaces or situations associated with anxiety)
- Specific Phobia (intense fear of particular objects or situations)
- Social Phobia
- Obsessive-Compulsive Disorder
- Post-Traumatic Stress Disorder
- Acute Stress Disorder
- Generalized Anxiety Disorder

- Anxiety Disorder due to a general medical condition
- Substance-induced anxiety disorder

The Royal Ottawa Mental Health Centre's Anxiety Disorders Program provides a wide range of specialty services, including regular and extended consultations, medication treatment and psychological therapies using proven and efficient interventions.

Treatment is provided by a multidisciplinary team with the knowledge and expertise to manage medical and psychological aspects, as well as social and vocational rehabilitation of patients.

The highlights of the services provided by the Anxiety Disorders Program include:

- Protocols for patients who do not improve with conventional treatments;
- Expert medication consultations;
- Cognitive-behavioural therapies in group and individual format for specific anxiety disorders;

Fast Facts

- The Anxiety Disorders Program is suitable for adults aged 18-65 with Axis I anxiety disorders, including generalized anxiety disorder, panic disorder with or without agoraphobia, obsessive-compulsive disorder, post-traumatic stress disorder, social phobia and specific phobia.
- Clients likely to benefit from research (for example new interventions or new investigations) and teaching will also be accepted for treatment under the Anxiety Disorders Program.

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- Access to research studies at the Stress and Anxiety Clinical Research Unit;
- Liaison with family physicians and community mental health agencies.

The Anxiety Disorders Program contributes to leading-edge research at the Stress & Anxiety

Clinical Research Unit on biological, genetic and psychological causes of anxiety disorders, and development of new, unique treatment strategies.

For more information about the Anxiety Disorders Program, please call 613.722.6521, ext. 6712.



Contact Us

**Anxiety Disorders
Program**

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