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Anxiety disorders are the most common mental disorders in the United States. Children affected by these disorders experience extreme and persistent fears and worries that significantly interfere with their ability to function academically, socially, and emotionally.

#### **Generalized Anxiety Disorder (GAD)** .....

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*GAD is a condition in which children experience excessive worry about many aspects of life. These children may feel anxiety even when there is no objective reason to be worried.*

#### **Obsessive-Compulsive Disorder (OCD)** .....

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*OCD is an anxiety disorder that includes unwanted, intrusive thoughts (obsessions), repetitive behaviors (compulsions), or a combination of both. Children may demonstrate seemingly odd behaviors to diminish their internal anxiety.*

#### **Social Anxiety Disorder (SAD)** .....

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