

Types of Anxiety

Description

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Types of anxiety

There are many different types of anxiety. Click below to read more:

Agoraphobia

Anticipatory Anxiety

Arachnophobia

Body Dysmorphic Disorder (BDD)

Claustrophobia

Compulsive Skin Picking (CSP)/Dermatillomania

Dental Phobia

Depersonalisation Disorder

Emetophobia

Fear of Flying

Generalised Anxiety Disorder (GAD)

Health Anxiety

Hoarding

Injection Phobia

Irritable Bowel Syndrome

Obsessive Compulsive Disorder (OCD)

Panic Disorder

Perinatal Anxiety

Phobias

Seasonal Affective Disorder (SAD)

Separation Anxiety (children)

Separation Anxiety (adult)

Social Phobia/Social Anxiety

Stress

Toilet Phobia

Travel Anxiety

Trichotillomania

Zoophobia