

# Other anxiety disorders

Other anxiety disorders include the following two: **panic disorder** and **mixed anxiety-depressive disorder**.

## Panic disorder

Panic disorder is an anxiety disorder that is characterized by repeated massive paroxysms of anxiety. However, these anxiety attacks are not tied to any specific situation and therefore cannot be predicted. Numerous vegetative and psychological symptoms appear during attacks.

 For more information see *Panic Disorder*.

## Mixed anxiety-depressive disorder

Mixed anxiety-depressive disorder is characterized by symptoms of both an anxiety disorder and depression. However, none of the symptoms prevails enough to make a separate, definitive diagnosis. The sick person feels that they can't handle anything, that they are useless, nobody likes him, and they think very pessimistically about the future. The disease has a chronic course and is very disabling.

## Links

### Related articles

- Phobic anxiety states
- Obsessive-compulsive disorder

### References

- RABOCH, Jiří – PAVLOVSKÝ, Pavel. *Klinická psychiatrie v denní praxi*. 1. edition. Praha : Galén, c2008. pp. 105–112. ISBN 9788072625864.