



Rowan University, Disability Resources

Faculty Fact Sheet- General Anxiety Disorder (GAD)

Definition: " People with generalized anxiety disorder (GAD) feel extremely worried or feel nervous about these and other things—even when there is little or no reason to worry about them" National Institute of Mental Health

Typical Symptoms:

<ul style="list-style-type: none">• Worry excessively about normal tasks• Have trouble controlling worries or feelings of nervousness• Aware of excessive worry or nervousness• Feel restless and have trouble relaxing• Have a hard time concentrating• Be irritable or feel "on edge"• Profuse sweating, feel light-headed or out of breath	<ul style="list-style-type: none">• Become easily startled• Have trouble falling asleep or staying asleep• Feel easily tired or tired all the time• Have headaches, muscle aches, stomach aches or unexplained pains• Have a hard time swallowing• Tremble or twitch
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Classroom Behaviors:

Students may:
<ul style="list-style-type: none">• Become overly anxious about a project or assignment• Have trouble concentrating in class• Seem tired when in class• Twitch or tremble during a lecture• Leave to go to the bathroom a lot

(Please note: not every student with ASD will demonstrate all these Symptoms and Behaviors.)

Strategies:

<ol style="list-style-type: none">1. Allow the option for the student to choose seating that will benefit them most.2. Have written directions on the board for the student to follow.3. Speak with the student independently about their comfort level regarding classroom participation and presentations.4. Be flexible about alternative options for students to take part in activities that may cause anxiety.5. Allow the student time to cool down at different points in the class time.6. Should the student be absent due to anxiety, help them by providing any missed notes, classwork, and assignments.

Fact Sheet developed by the Disability Resources Center

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