

Anxiety

Psychology

The main anxiety presentations, and the model that explains maintenance.

Educational reference on the main presentations.

Presentation	Central feature
Generalised anxiety	Persistent worry across domains
Panic disorder	Recurrent panic attacks; fear of the attacks
Specific phobia	Fear of a particular object or situation
Social anxiety	Fear of negative evaluation
OCD	Obsessions and compulsions
PTSD	Re-experiencing after trauma

Educational reference. The maintenance cycle: threat perception → anxiety → avoidance → relief → belief confirmed → threat perception.