

# NEWS RELEASE

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## UNIVERSITY OF NEVADA SCHOOL OF MEDICINE

*FOR THE GOOD HEALTH OF NEVADA*

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### May 3 is National Anxiety Disorders Screening Day

Lynne Williams, medical school information  
April 21, 1995

#### FOR IMMEDIATE RELEASE

On May 3, thousands of people across the country will have the opportunity to participate in a free program about America's most common mental health illness - Anxiety Disorders. The local site for the national program is the Manville Auditorium at the University of Nevada School of Medicine, and presentations will begin at 5 p.m. Participants will view a video, complete a screening questionnaire, and meet the local coordinator, Dr. David Antonuccio, who will review the questionnaire, provide additional information, and answer questions.

More than 28 million Americans - nearly 25 percent of the population - will have an anxiety disorder at some point in their lives. However, only about 25 percent of those suffering from anxiety disorder will seek treatment. According to recent studies, anxiety disorders cost the U.S. \$46.6 billion in 1990, nearly one-third of the nation's total mental health bill of \$147 billion. However, most of these dollars were not spent on effective treatment --instead they were lost due to social and economic costs such as worker absenteeism, job loss and alcohol/substance abuse.

Anxiety disorders include:

**Specific Phobia** - an intense fear of a single specific object or situation;

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**Social Phobia** - a persistent fear of social situations in which the individual may be exposed to scrutiny by others;

**Generalized Disorder** - a chronic, constant, unrealistic worry about everyday occurrences and activities;

**Panic Disorder** - repeated, unprovoked attacks of escalating fear, often making the individual think he or she is suffering a heart attack. Sometimes accompanied by Agoraphobia -- the fear of being in a place or situation where escape is not easily available;

**Obsessive Compulsive Disorder** - recurrent, distressful, intrusive thoughts that interfere with life's normal routines, often leading to obsessive and repeated behaviors, and

**Post-Traumatic Stress Disorder (PTSD)** - a condition of terror caused by a specific traumatic event, often accompanied by flashbacks, feelings of detachment, guilt and sleep problems.

National Anxiety Disorders Screening Day is a program of the National Mental Illness Screening Project (NMISP), and is made possible by an educational grant from Solvay Pharmaceuticals, Inc., and the Upjohn Company.