

Fear & Anxiety Disorders Clinic

The University of Florida Fear and Anxiety Disorders Clinic is a specialty clinic offering comprehensive assessments and scientifically-based treatment programs for the anxiety disorders including:

- *Specific Fear & Phobia*
- *Social Anxiety*
- *Test Anxiety*
- *Panic Attacks*
- *Persistent Anxiety & Worry*
- *Posttraumatic Stress*
- *Obsessive Thoughts & Compulsions*



Affiliated with Shands Hospital at UF and the NIMH Center for the Study of Emotion & Attention

Services & Treatment

The Fear and Anxiety Disorders Clinic offers specialized assessments for anxiety disorders. Assessments include in-depth structured diagnostic interviews, questionnaires, and behavioral and psychophysiological measurements. This assessment procedure is used to determine the nature of your anxiety and provide the best treatment recommendations that fit your needs.

Treatment programs provided by the Fear and Anxiety Disorders Clinic involve short-term cognitive-behavioral therapy (12-weeks) with demonstrated efficacy in the treatment of anxiety disorders.

FEAR & ANXIETY DISORDERS CLINIC

University of Florida
Department of Clinical & Health Psychology
2800 S.W. Archer Rd.
Gainesville, FL 32608
Phone: 352.294.3327
Fax: 352.392.6047
www.fearclinic.ufl.edu

For referrals & information

For further information or for prompt referral to the University of Florida Fear and Anxiety Disorders Clinic, call 352.294.3327. Most insurance plans are accepted.

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University of Florida
Department of Clinical & Health Psychology

Tel: 352.294.FEAR
(352.294.3327)



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Everyone sometimes faces anxiety and fear. They are part of everyday life. But for millions of Americans, anxiety and fear can be overwhelming and persistent, often drastically interfering with daily activities. Anxiety disorders can cause marked distress and/or interference in one's interpersonal relationships, family life, school or employment.

Effective treatments for anxiety disorders are available, and research is yielding new, improved therapies that can help people with anxiety disorders lead more productive, fulfilling lives. If you think you have an anxiety disorder, you should seek information and treatment.

How can I tell if it's an anxiety disorder?

✓ How much anxiety is too much? Please put a check in the box next to any problems you have.

- Repeated, unexpected, panic attacks, during which you suddenly are overcome by intense fear or discomfort for no apparent reason
- Fear of social situations involving unfamiliar people
- Fear of a specific object, animal or situation, such as spiders, snakes, blood, heights, flying or dental procedures
- Excessive worry and tension over everyday events and decisions
- Fear of places or situations where getting help or escape might be difficult, such as in a crowd or on a bridge
- Distress after experiencing or witnessing a traumatic event that may have involved death or serious injury to yourself or a loved one— a car accident, assault, or child abuse. Feeling as though the event is happening again and again in the form of flashbacks, nightmares or frightening memories.
- Persistent inappropriate thoughts or images that you can't get out of your mind, such as a fear of contamination
- Feeling driven to repeat a behavior or action over and over again, such as handwashing
- Performance anxiety, such as public speaking, test taking or a musical performance

If you put a check in the box next to any of these problems, you may have an anxiety disorder.

Am I the only one with this condition?

No. You are not alone. In any year, 19 million American adults have an anxiety disorder.

What can I do to help myself?

Through the University of Florida Fear and Anxiety Disorders Clinic, a team of specialists provides specialized assessments and cognitive-behavioral treatment programs for individuals suffering from anxiety disorders.

Research has demonstrated the effectiveness of cognitive-behavioral therapy for the treatment of anxiety disorders.

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