

Anxiety sufferers give their doctors a failing grade

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In a recent online poll conducted by anxietycentre.com, respondents, for the most part, gave their doctors a failing grade when it came to providing information and help for anxiety disorder.

For example, 13.6 percent of respondents believed their doctor had a good understanding of anxiety disorder. But a whopping 86.4 percent believed their doctor had some to NO understanding of anxiety disorder.

Is that surprising? Not really. Especially when you consider the results of other recent polls. For example, in an online poll conducted in December 2008, 86.3 percent of respondents said they were prescribed a medication for their anxiety disorder. And another recent online poll found that 71.5 percent of respondents said they were told that their anxiety disorder was caused by a chemical imbalance.

Since there is no truth to the “chemical imbalance” theory, and since the success rate of medication for anxiety disorder is low, it’s no wonder so many people are unhappy with how their doctor treated their anxiety disorder.

Fortunately, this trend is changing. More and more doctors are recognizing that anxiety disorder is not caused by a chemical imbalance in the brain, and that the most effective approach to resolving anxiety disorder is with the combination of good self-help information and therapy. As doctors become more familiar with the intricacies of anxiety disorder, they can become a valuable asset in the recovery process.

If you believe your doctor isn’t providing the right information and help for your anxiety disorder, you may want to look for a doctor who is more in sync with the latest research on anxiety disorder. A doctor who is quick to prescribe, in our opinion, is not the right choice.

Having the right help and support is vital to an efficient recovery. The better qualified your support people are, the more effective your recovery will be. We encourage you to choose your support people wisely, because it can make a significant difference in your recovery and how well you sustain your normal health once it is attained.