OHIO STATE A SITE FOR NATIONAL ANXIETY DISORDERS SCREENING DAY

COLUMBUS -- The Ohio State University will be one of several Franklin County sites participating in National Anxiety Disorders Screening day by offering free screenings to the public.

From 11:30 a.m. to 1:30 p.m. on May 5, clinical psychologists and doctoral students in clinical psychology will interview and assess participants in the Townshend Hall psychology clinic, 1885 Neil Ave.

"These free screenings help increase awareness about the existence of anxiety problems," said Norman Schmidt, an associate professor of psychology and organizer of Ohio State's efforts. "The purpose is to refer affected individuals to places that can treat these problems."

About 23 million Americans are affected by anxiety disorders, which include social phobia, obsessive-compulsive disorder, panic disorder and post-traumatic stress disorder.

"Anxiety disorders are a prevalent problem, but the good thing is we have very effective treatments for these conditions," Schmidt said.
Participants at the Townshend Hall clinic who are diagnosed with an anxiety disorder will have the option of receiving free treatment from Schmidt and his colleagues. The treatments they use are not drug-based, but skill-based interventions. These teach people a specific set of skills designed to correct the thinking patterns that contribute to anxiety.

"We help about 60 to 80 percent of the people going through our treatment disorder studies," Schmidt said.

For more information, call 292-2345. Other Franklin County screening sites include Child Development Council Inc., Columbus Community Hospital/Legacy, North Central Mental Health Services, Partners in Active Living, and Ridge Counseling Center.

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