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El término **trastorno de ansiedad** se refiere a un grupo de trastornos mentales caracterizados por la presencia de ansiedad excesiva y persistente que interfiere con el funcionamiento normal de la persona. Los síntomas más comunes incluyen ataques de pánico, preocupación excesiva, nerviosismo, taquicardia, sudoración, temblores y dificultad para concentrarse. Estos trastornos pueden ser causados por factores genéticos, ambientales o psicológicos, y a menudo se tratan con medicamentos y terapia psicológica.

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