



Australian Nursing & Midwifery Federation
Continuing Professional Education

This is to certify that

Caleb Fellowes

completed an online educational tutorial and assessment with the

Australian Nursing and Midwifery Federation

on 15th December, 2020

Anxiety Disorders

Anxiety is a normal part of life and mild anxiety can be productive, such as the anxiety experienced prior to taking an exam or when faced with a threat.

When anxiety is irrational or becomes unmanageable it is likely due to an anxiety disorder, of which there are several types. Anxiety disorders are classified as a mental illness, and comprise of consistent fear and worry which affects most aspects of daily living.


An understanding of what an anxiety disorder is and how prevalent it is in Australia.

An understanding of the different types of anxiety disorders and the symptoms of each type.

An understanding of the various causes of anxiety disorders.

The treatment options available for anxiety disorders.

2 CPE Hours


Federal Education Officer



www.anmf.org.au/cpe