

Anxiety

1. Do you feel anxious or panicky/Do you feel tense or find it hard to relax?
2. When you are anxious, do you:
 - start trembling or sweating
 - experience difficulty in breathing
 - get numbness or tingling sensations
 - feel dizzy
 - get cramps in tummy
 - feel like passing water
3. Do you get any aches or pains?
4. Do you feel anxious for no apparent reason or is it in certain situations that you feel this way?
5. Do things or people around you feel unreal or dream like?
6. Have you ever yourself felt unreal as if you are in a play?
7. How do you feel in yourself when this happens?
8. How often does this happen and how long does it last?
9. Is there anything unusual about the way things look or sound?
10. Does time seem to pass in an unusual way?
11. Do you get startled easily or respond in an exaggerated way to minor surprises?
12. Do you experience emotions same as before?

Panic attacks

1. When did you have the first attack?
2. How often do you have these attacks?
3. How long does an attack last?
4. What do you think brings on the attacks?
5. How are you between the attacks?
6. Do you do anything to avoid them?
7. Has the frequency changed? Are they more frequent now?

Phobias and agoraphobias

1. Does your anxiety appear in certain situations?
2. Do you have fear of loosing control or dying in
 - crowds
 - public places
 - travelling alone
 - travelling away from home(2 out of 4)
3. Do you feel anxious in situations where you might be the focus of attention?
4. Is it associated with blushing, fear of vomiting or passing water?
5. Do you fear specific objects or situations like
 - animals/insects
 - heights/flying
 - thunder, small/closed spaces
 - sight of blood
6. Anticipatory anxiety: Do you feel apprehensive about having another attack?

7. Is there anything you do to avoid this?
8. How has it affected your life?
9. Enquire about impact on relationships and work?

Rule out co morbidities

Depression

OCD

Substance abuse

Heart problems (MVP)

Hyperthyroidism