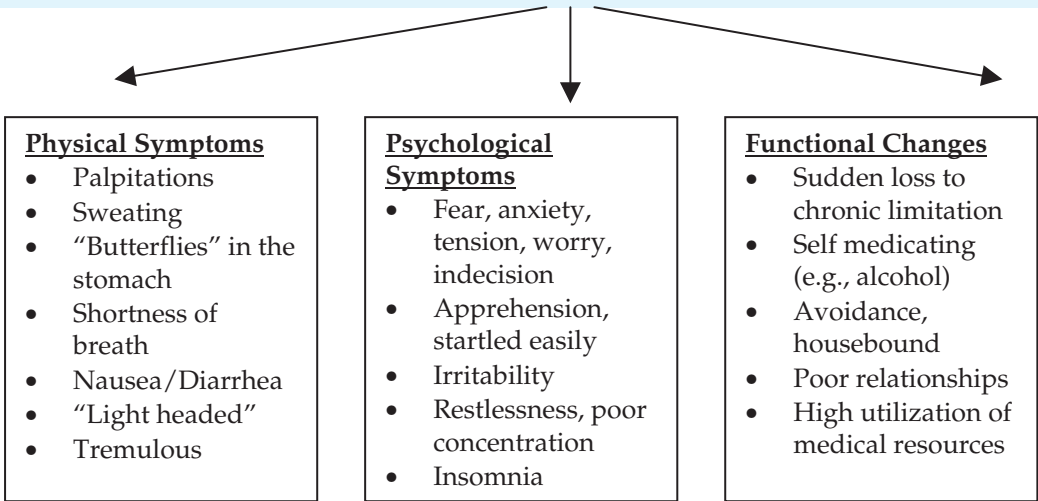


Appendix B

Anxiety Flowchart

Step 1: Does the patient have the symptoms and signs of Anxiety?

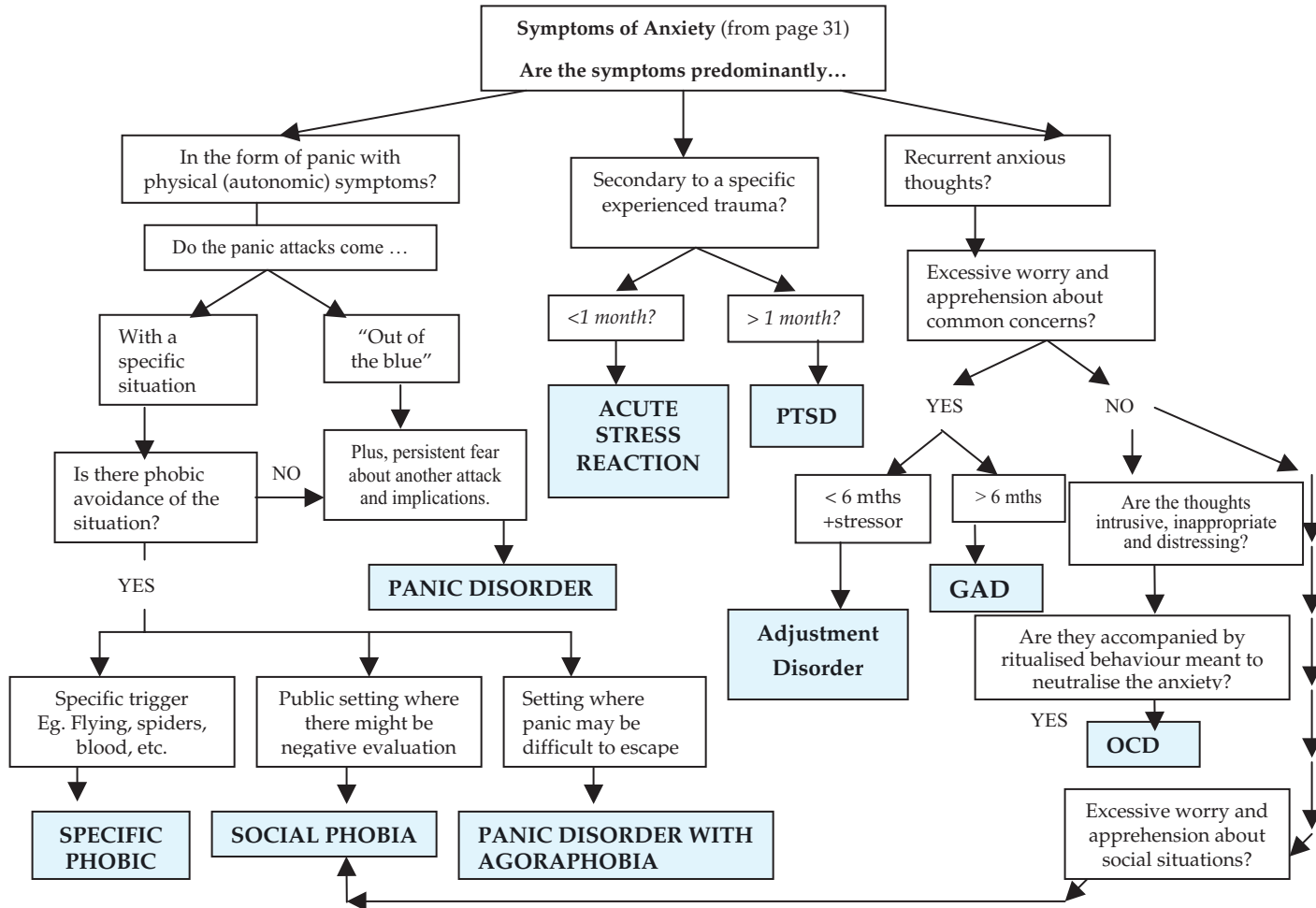


Step 2: Consider and Treat other Causes of Anxiety or Co-morbidities

Diagnosis To Consider	Depression	Substance Abuse
<ul style="list-style-type: none"> • Hyperthyroidism • Temporal lobe epilepsy • Endocrine dysfunction • Pheochromocytoma • Caffeine abuse • Other stimulants • Cardiac illness 	<ul style="list-style-type: none"> • Considerable overlap in symptoms • Consider isolated depression symptoms such as anhedonia and weight changes • Assess severity and suicidal ideation 	<ul style="list-style-type: none"> • Identify if abusing alcohol and/or drugs • Identify dependence and/or harmful/hazardous use • Educate regarding relationships between substance abuse and anxiety • Initiate treatment plan (ARF phone number for anxiety substance abuse program)

Reference: Evans, M. (2000)

Differentiating Anxiety Disorders



Ref: Evans, M.