

Table 2

Examples of interplay between medical conditions and anxiety symptoms

Medical disorders which can be mistaken for anxiety disorders (and vice versa)

- Arrhythmias mistaken for anxiety driven palpitations
- Anxiety driven dizziness mistaken for vertigo

Medical disorders as precipitants for anxiety disorders

- Agoraphobia secondary to fear of stroke recurrence
- PTSD following serious illness and treatment in ICU
- Fear of falling following vasovagal episode and falls

Medical disorders as maintaining factors for anxiety disorders

- Unstable asthma or COPD promoting vigilance re breathing and panic/hyperventilation
- Gait disorders promoting vigilance re falling