

Table 3**Pointers to the diagnosis of anxiety disorders¹⁹**

Nature/setting of anxiety	Diagnosis
<ul style="list-style-type: none">● Persistent or free-floating● Discrete unpredictable episodes● Social situations● Leaving home, being in situations where there are perceived to be few escape options (such as public places)	Generalised anxiety disorder Panic disorder Social anxiety disorder Agoraphobia
<ul style="list-style-type: none">● A specific situation or object● Obsessions (intrusive, repetitive thoughts) and/or compulsions (repetitive actions)	Specific phobia Obsessive compulsive disorder
<ul style="list-style-type: none">● Nightmares, flashbacks and hypervigilance	Post traumatic stress disorder