

Appendix 2 Features of anxiety disorders

Main fear/symptom	recurrent unexpected panic attacks experienced for >1 month. Fear is recognised as excessive ²³	panic attacks/ anxiety occurring in situations where escape is difficult/ embarrassing or help is unavailable	persistent unreasonable fear, cued by the anticipated or actual presence of the feared stimulus	persistent fear for longer than six months of social situations, where the person feels exposed to the scrutiny of others	presence of either obsessions and/or compulsions. Fear is recognised as excessive	excessive anxiety and worry about a number of events or activities, present most days for at least 6 months. The worry is recognised as excessive	triggered by trauma where the safety of self or others was threatened causing intense fear, lasting longer than 1 month
Associated cognitions	persistent concern re: future panic attacks/ worry about the implications of the panic (e.g. having a heart attack)	persistent concern re: future panic attacks/ worry about the implications of the panic (e.g. having a heart attack)	that others are negatively evaluating them, will be able to tell that the person is anxious etc.	see section on the diagnosis of OCD for a description of obsessions	the person anxiously ruminates and thinks catastrophically. The worry is hard to control	the person continues to experience the trauma through flashbacks, etc.*	
symptoms upon exposure to feared stimuli	immediate anxiety response which may take the form of a panic attack	immediate anxiety response which may take the form of a panic attack	immediate anxiety response which may take the form of a panic attack	compulsive rituals which are time consuming involving at least 1 hour per day	at least 3 of the following: restlessness, fatigue, concentration difficulties, muscle tension, sleep disturbance	immediate anxiety response, or dissociation. Persistent symptoms of increased arousal [#]	
avoidance	phobic situations are avoided or endured with intense anxiety	phobic situations are avoided or endured with intense anxiety	phobic situations are avoided or endured with intense anxiety	phobic situations are avoided or endured with intense anxiety	the themes of obsessions may be avoided, e.g. not going outside for fear of contaminants	avoidance of situations associated with trauma, numbing of general responsiveness ^f	
Feature	Panic disorder without agoraphobia	Panic disorder with agoraphobia	Specific phobia	Social phobia	OCD	GAD	PTSD

* also illusions, hallucinations, dissociative episodes and a sense of reliving the experience.

[#] including insomnia, irritability, outbursts of anger, hypervigilance, concentration difficulties, exaggerated startle response as indicated by at least three of the following; (1) efforts to avoid thoughts, feelings or conversations associated with the trauma, (2) efforts to avoid activities, places or people that trigger recollections of the trauma, (3) inability to recall an important aspect of the trauma, (4) markedly diminished interest or participation in significant activities, (5) feeling detached or estranged from others, (6) restricted range of affect; (7) sense of foreshortened future.