

The International Classification of Diseases (ICD-10), a guide to diagnosis, says that a period of 'at least six months with prominent tension, worry and feelings of apprehension about everyday events and problems' must have passed before diagnosis, and that at least four symptoms from the following list must be present, of which at least one must come from items numbered '1' to '4'.

### Autonomic arousal symptoms

- 01. Palpitations, fast or pounding heart
- 02. Sweating
- 03. Shaking or trembling
- 04. Dry mouth (not because of dehydration or medication side effects)

### Chest and abdomen

- 05. Difficulty breathing
- 06. Choking feelings
- 07. Chest pain or discomfort
- 08. Nausea or abdominal distress (e.g. 'churning' stomach)

### Brain and mind

- 09. Feeling dizzy, unsteady, faint or light-headed
- 10. Feelings that objects aren't real (*derealisation*), or feeling distant or somehow 'not really here' (*depersonalisation*)
- 11. Fear of losing control, going crazy or losing consciousness
- 12. Fear of dying

### General symptoms

- 13. Hot flushes or cold chills
- 14. Numbness or tingling sensations

### Tension

- 15. Muscle tension or aches and pains
- 16. Restlessness and inability to relax

17. Feeling 'keyed up', 'on edge' or of mental tension

18. A sensation of a lump in the throat, or difficulty swallowing

**Other symptoms**

19. Exaggerated response to minor surprises or being startled

20. Difficulty concentrating, mind going blank due to worry or anxiety

21. Persistent irritability

22. Difficulty getting to sleep due to worry