

**ANXIETY DISORDERS:**  
**SYMPTOMS CHECK-LIST**

	PD	GAD	PTSD	OCD
Palpitation				
Chest pain				
Choking				
Breathless				
Sweating				
Hot flushes/ chills				
Tremors				
Numbness/ tingling				
GIT problems				
Dizzy/ fainting				
Derealization				
Fear of 'going crazy'				
Fear of 'dying'				
Restless				
Poor concentration			*	
Muscle tension				
Irritability			*	
Sleep problems			*	
Fatigued				
Exposed to trauma			**	
Re-experiencing trauma			**	
Avoidance			**	
Hypervigilance			*	
Exaggerated startle response			*	
Obsessive thoughts				
Compulsive behavior				
<b>SIGNIFICANT</b>	4/13	3/6	2/5 * + **	1/2