

**Indicators Of Levels of Anxiety**

<i>Category of Response</i>	<i>Mild Anxiety</i>	<i>Moderate Anxiety</i>	<i>Severe Anxiety</i>	<i>Panic</i>
<b><i>Changes in Perception and Attention</i></b>	<ul style="list-style-type: none"> <li>▪ Feelings of ↑ arousal and level of alertness</li> <li>▪ Learning ↑ through the use of questions</li> </ul>	<ul style="list-style-type: none"> <li>▪ Narrowed focus of attention</li> <li>▪ Selectively inattentive</li> <li>▪ Learning slightly ↓</li> </ul>	<ul style="list-style-type: none"> <li>▪ ↓ focus &amp; concentration</li> <li>▪ ↑ distractibility</li> <li>▪ Learning severely impaired</li> </ul>	<ul style="list-style-type: none"> <li>▪ Perception distorted or exaggerated</li> <li>▪ Unable to learn or function</li> </ul>
<b><i>Changes in Verbal Ability</i></b>	↑ Questioning	<ul style="list-style-type: none"> <li>▪ Vocal tremors</li> <li>▪ Changes in pitch</li> </ul>	Communication is difficult to understand	Communication may be impossible to understand
<b><i>Changes in Motor Activity</i></b>	<ul style="list-style-type: none"> <li>▪ Mild restlessness</li> <li>▪ Sleep disturbances</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tremors</li> <li>▪ Facial twitches</li> <li>▪ Shakiness</li> <li>▪ ↑ Muscle tension</li> </ul>	<ul style="list-style-type: none"> <li>▪ ↑ Motor activity</li> <li>▪ Inability to relax</li> <li>▪ Fearful facial expression</li> </ul>	<ul style="list-style-type: none"> <li>▪ ↑ Motor activity</li> <li>▪ Agitation</li> <li>▪ Trembling</li> <li>▪ ↓ Motor coordination</li> <li>▪ Unpredictable responses</li> </ul>
<b><i>Changes in Cardio-respiratory pattern</i></b>	None	<ul style="list-style-type: none"> <li>▪ Slightly ↑ heart rate</li> <li>▪ Slightly ↑ respiration</li> </ul>	<ul style="list-style-type: none"> <li>▪ ↑ Heart rate (&gt;100)</li> <li>▪ Hyperventilation – (↑ respiratory rate &amp; depth)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Difficulty breathing</li> <li>▪ Palpitations</li> <li>▪ Choking</li> <li>▪ Chest pain / pressure</li> </ul>
<b><i>Other changes</i></b>	None	<ul style="list-style-type: none"> <li>▪ Mild “GI” symptoms</li> <li>▪ “Butterflies”-stomach</li> </ul>	<ul style="list-style-type: none"> <li>▪ Headache, dizziness</li> <li>▪ Nausea</li> </ul>	<ul style="list-style-type: none"> <li>▪ Feeling of doom</li> <li>▪ Feelings of pins &amp; needles, sweating</li> </ul>

Source: Kozier, et al. Adapted from *Fundamentals of Nursing*. Prentice Hall. 2000