

# Anxiety Nursing Diagnosis

## Anxiety Nursing Diagnosis

To form a nursing diagnosis for anxiety, start with an assessment: Assess anxiety symptoms Assess other clinical signs After assessment, nursing diagnoses are formulated. Based on the assessment results, below are some terms and characteristics used in nursing diagnoses for anxiety.

Anxiety Domain 9 • Class 2 • Diagnosis Code 00146 Definition: An emotional response to a diffuse threat in which the individual anticipates nonspecific impending danger, catastrophe, or misfortune.

## BEHAVIORAL/EMOTIONAL CHARACTERISTICS

### Behavioral/emotional Characteristics

- |  |   |
|--|---|
| <input type="checkbox"/> Crying                  | <input type="checkbox"/> Decrease in productivity                   |
| <input type="checkbox"/> Expresses anguish       | <input type="checkbox"/> Expresses anxiety about life event changes |
| <input type="checkbox"/> Expresses distress      | <input type="checkbox"/> Expresses insecurity                       |
| <input type="checkbox"/> Expresses intense dread | <input type="checkbox"/> Helplessness                               |
| <input type="checkbox"/> Hypervigilance          | <input type="checkbox"/> Increased wariness                         |
| <input type="checkbox"/> Insomnia                | <input type="checkbox"/> Irritable mood                             |
| <input type="checkbox"/> Nervousness             | <input type="checkbox"/> Psychomotor agitation                      |
| <input type="checkbox"/> Reduced eye contact     | <input type="checkbox"/> Scanning behavior                          |
| <input type="checkbox"/> Self-focused            |   |

## PHYSIOLOGICAL CHARACTERISTICS

### Physiological Characteristics

- |   |  |
|---|--|
| <input type="checkbox"/> Altered respiratory pattern  | <input type="checkbox"/> Anorexia                        |
| <input type="checkbox"/> Brisk reflexes               | <input type="checkbox"/> Chest tightness                 |
| <input type="checkbox"/> Cold extremities             | <input type="checkbox"/> Diarrhea                        |
| <input type="checkbox"/> Dry mouth                    | <input type="checkbox"/> Expresses abdominal pain        |
| <input type="checkbox"/> Expresses feeling faint      | <input type="checkbox"/> Expresses muscle weakness       |
| <input type="checkbox"/> Expresses tension            | <input type="checkbox"/> Facial flushing                 |
| <input type="checkbox"/> Increased blood pressure     | <input type="checkbox"/> Increased heart rate            |
| <input type="checkbox"/> Increased sweating           | <input type="checkbox"/> Nausea                          |
| <input type="checkbox"/> Pupil dilation               | <input type="checkbox"/> Quivering voice                 |
| <input type="checkbox"/> Reports heart palpitations   | <input type="checkbox"/> Reports tingling in extremities |
| <input type="checkbox"/> Superficial vasoconstriction | <input type="checkbox"/> Tremors                         |
| <input type="checkbox"/> Urinary frequency            | <input type="checkbox"/> Urinary urgency                 |

## COGNITIVE CHARACTERISTICS

### Cognitive Characteristics

- Altered attention
- Confusion
- Expresses preoccupation
- Reports blocking of thoughts
- Decreased perceptual field
- Expresses forgetfulness
- Rumination

## RELATED FACTORS

---

### Related factors

- Conflict about life goals
- Interpersonal transmission
- Pain
- Stressors
- Substance misuse
- Unfamiliar situation
- Unmet needs
- Value conflict

## AT RISK POPULATION

---

### At risk population

- Individuals experiencing developmental crisis
- Individuals experiencing situational crisis
- Individuals exposed to toxins
- Individuals in preoperative period
- Individuals with family history of anxiety
- Individuals with hereditary disposition

## ASSOCIATED CONDITIONS

---

### Associated conditions

- Mental disorders

## EXAMPLES OF NURSING DIAGNOSES FOR ANXIETY

---

When diagnosing anxiety disorders, nurses assess both physical and cognitive symptoms that reflect the patient's distress. These symptoms help identify the severity of anxiety and guide appropriate nursing interventions. Below are some examples of nursing diagnoses based on the observed signs and symptoms of anxiety:

- Anxiety related to perceived threat, evidenced by restlessness and tense appearance
- Anxiety related to chest pain secondary to heart failure, as evidenced by diaphoresis and crying
- Anxiety related to impending surgery, as evidenced by restlessness and angry outbursts

## ADDITIONAL NOTES

---

### Additional notes