

Anxiety Nursing Diagnosis

To form a nursing diagnosis for anxiety, start with an assessment:

1. Assess anxiety symptoms
2. 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.

NANDA-I nursing diagnoses	List of selected defining characteristics	
Behavioral/emotional	<ul style="list-style-type: none">• Crying• Decrease in productivity• Expresses anguish• Expresses anxiety about life event changes• Expresses distress• Expresses insecurity• Expresses intense dread• Helplessness	<ul style="list-style-type: none">• Hypervigilance• Increased wariness• Insomnia• Irritable mood• Nervousness• Psychomotor agitation• Reduced eye contact• Scanning behavior• Self-focused
Physiological	<ul style="list-style-type: none">• Altered respiratory pattern• Anorexia• Brisk reflexes• Chest tightness• Cold extremities• Diarrhea• Dry mouth• Expresses abdominal pain• Expresses feeling faint• Expresses muscle weakness• Expresses tension• Facial flushing• Increased blood pressure	<ul style="list-style-type: none">• Increased heart rate• Increased sweating• Nausea• Pupil dilation• Quivering voice• Reports altered• Reports heart palpitations• Reports tingling in extremities• Superficial vasoconstriction• Tremors• Urinary frequency• Urinary urgency

NANDA-I nursing diagnoses	List of selected defining characteristics	
Cognitive	<ul style="list-style-type: none"> • Altered attention • Confusion • Expresses preoccupation • Reports blocking of thoughts 	<ul style="list-style-type: none"> • Decreased perceptual field • Expresses forgetfulness • Rumination
Related factors	<ul style="list-style-type: none"> • Conflict about life goals • Interpersonal transmission • Pain • Stressors 	<ul style="list-style-type: none"> • Substance misuse • Unfamiliar situation • Unmet needs • Value conflict
At risk population	<ul style="list-style-type: none"> • Individuals experiencing developmental crisis • Individuals experiencing situational crisis • Individuals exposed to toxins 	<ul style="list-style-type: none"> • Individuals in preoperative period • Individuals with family history of anxiety • Individuals with hereditary disposition
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

References

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