



SA Federation for
Mental Health

ANXIETY DISORDERS

SUBSTANCE/MEDICATION-INDUCED ANXIETY DISORDER

What it is:

Substance/medication-induced anxiety disorder is diagnosed when the symptoms of anxiety or panic disorder occur as a direct result of a substance/medication that was or is being taken. The panic or anxiety symptoms must have started shortly after or during the specific substance/medication was taken, or during withdrawal, and the substance/medication must be able to induce those symptoms.

Common panic attack symptoms:

1. Recurring and unexpected panic attacks – a surge of intense fear or anxiety that goes together with certain physical symptoms listed below
2. Heart palpitations
3. Sweating
4. Shaking or trembling
5. Feeling short of breath, or like you cannot breathe
6. Chest pain
7. Nausea or abdominal pain
8. Feeling dizzy, lightheaded or faint

Common anxiety symptoms:

1. Feelings of apprehension or dread
2. Trouble concentrating
3. Feeling tense and jumpy
4. Anticipating the worst
5. Restlessness
6. Pounding heart

These symptoms must all have started shortly after, or during taking a specific substance/medication, or during withdrawal.



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Causes:

Substance/medication-induced anxiety disorder is caused directly by a specific substance/medication that has been taken or is being withdrawn from the body. There are a number of substances and medication that can cause these symptoms such as:

1. Alcohol
2. Caffeine
3. Cannabis
4. Sedatives
5. Phencyclidine

Remember to always consult a mental health or medical practitioner regarding any questions you may have about a mental health diagnosis and treatment options.

This factsheet is based on information obtained from the DSM-5:
American Psychiatric Association, 2013. *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition.*