

## What is this?

Anxiety relating to travelling following an accident may manifest in various ways depending on the **individual and their experience**.

### How can anxiety emerge?

- Symptoms of anxiety may be classified as a **'Phobic anxiety disorder'** (such as agoraphobia, social phobia, or specific/ complex phobia).
- It can also emerge as another type of **'Anxiety disorder'** (such as Post Traumatic Stress Disorder (PTSD), Generalized Anxiety Disorder (GAD) and panic disorder), or as a **'Stress/adjustment Disorder'**.

*For full reference and further information please see [ICD-10, \(2010\)](#).*



## What can this look like?

Particularly when we're feeling overwhelmed, our bodies can easily misread any given situation, triggering physical symptoms of anxiety.

### What are common physical symptoms of anxiety?

- Increased heart rate
- Fast breathing
- Stomach churning
- Feeling faint, light-headed, or dizzy
- Feeling sick or queasy
- 'Tunnel vision' or blurry sight
- Shaking or sweating
- Aftermath of heartburn or acid reflux



## How do we treat this?

NICE guidelines state that treatment should be appropriate to the individual's problem, and a choice of treatment included if possible.

For most issues, a **'stepped-care model'** is used (see [IAPT Manual, 2021](#)):

- **Mild to moderate** anxiety disorders are treated with lower-intensity therapies, but may be 'stepped up' to higher-intensity therapies if they do not respond. On average this can range between **6-8 sessions**.
- **Severe** anxiety disorders are normally treated with higher-intensity therapies from the beginning of treatment. PTSD should **only** be treated with specialized high-intensity therapy (e.g., trauma-focused CBT or EMDR). On average this can range between **8-12 sessions**, but can be more if clinically appropriate.

*For full reference and further information please see [NICE Guidelines \(2011\)](#).*



Please note: "Medical treatment, including diagnostics and equipment (if relevant to treatment), is VAT exempt. Medical legal reports are VAT applicable as this is not regarded as treatment. Registered psychologists and psychiatrists are able to offer VAT exempt services, but not counsellors or psychotherapists (HMRC, 2021)."

### References:

IAPT NHS. (2018, updated 2021). *The Improving Access to Psychological Therapies Manual*.

NICE. (2011). Common mental health problems: identification and pathways to care. NICE Guidelines. <https://www.nice.org.uk/guidance/cg123>

ICD-10. (2010). *International Statistical Classification of Diseases and Related Health Problems 10th Revision (ICD-10) Version for 2010*. <https://icd.who.int/browse10/2010/en#/F40>

NICE. (2011). *Common mental health problems: identification and pathways to care*. NICE Guidelines. <https://www.nice.org.uk/guidance/cg123>