

Table 4. Symptoms of anxiety: physical and psychological

Physical symptoms	Psychological and behavioral symptoms
Vegetative: sweating, dry mouth, dizziness, instability	Worry, apprehension
Neuromuscular: trembling, muscular tension, headache, paresthesia	Feeling of oppressiveness
Cardiovascular: palpitations, accelerated heartbeat, precordial pain	Fear of losing control, of going crazy, or the feeling of imminent death
Respiratory: dysnea	Difficulty concentrating, complaints of memory loss
Digestive: nausea, vomiting, dyspepsia, diarrhea, constipation, aerophagia, meteorism	Irritability, restlessness, apprehension
Genito-urinary: frequent urination, sexual problems	Behavior to avoid certain situations
	Inhibition or psychomotor blockage Obsessions or compulsions