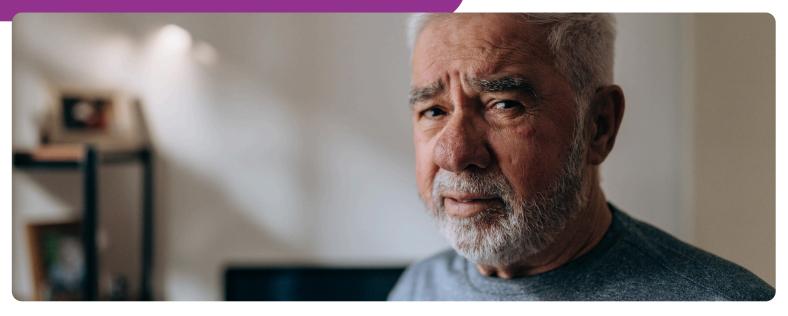
Anxiety

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Tools and resources on anxiety for use in clinical practice, education and training



Download this guide

Distress Management (206kb pdf) Assess for distress with the Distress Thermometer and Problem List by National Comprehensive Cancer Network (US)



Complete this tool

<u>State Trait Anxiety Inventory (STAI)</u> (<u>110kb pdf)</u>

Assess and measure anxiety when faced with stress. Copyright by Consulting Psychologists Press

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<u>Hospital Anxiety and Depression</u> <u>Scale (HADS) (35.7kb pdf)</u>

Assess clinically significant symptoms of depression and anxiety with this tool by AS Zigmond and RP Snaith (1983)



Overview of anxiety in palliative care

Increase your understanding of assessment, treatment methods and processes to manage anxiety by UpToDate



Fill in this resource

<u>Symptoms Assessment Scale (SAS)</u> (<u>172kb docx)</u>

Assess the patient's anxiety around physical symptoms that bother, worry or cause distress using this tool by PCOC



Access this resource

<u>Anxiety in palliative care</u>

Read guidance by Therapeutic Guidelines on assessment and treatment of anxiety symptoms in a palliative care setting (subscription required)