

Table 10-21: Differential Diagnosis of Anxiety

Medical causes of anxiety	Hypoxia due to respiratory infections
	Hypoglycemia
	CNS lesions
	Hyperthyroidism
	Pheochromocytoma
	Adrenal insufficiency
	Medications
	<ul style="list-style-type: none"> • Antiretrovirals
	<ul style="list-style-type: none"> • Antidepressants
	<ul style="list-style-type: none"> • Psychostimulants (methylphenidate, dextroamphetamine)
	<ul style="list-style-type: none"> • Neuroleptics (haloperidol, risperidone, chlorpromazine)
	<ul style="list-style-type: none"> • Antituberculous (isoniazid, cycloserine)
	<ul style="list-style-type: none"> • Antihypertensives (reserpine, hydralazine)
	<ul style="list-style-type: none"> • Sympathomimetics (ephedrine, epinephrine, phenylephrine, phenylpropanolamine, dopamine, pseudoephedrine)
	<ul style="list-style-type: none"> • Steroids (prescribed for hypogonadal states/used for body-building)
	<ul style="list-style-type: none"> • Nicotinic acid
	<ul style="list-style-type: none"> • Thyroid medications
	<ul style="list-style-type: none"> • Theophylline/ aminophylline
	<ul style="list-style-type: none"> • Cold or sinus medications with ephedrine
	Acute withdrawal from substances of abuse
Excessive caffeine (coffee, tea, soft drinks, chocolate)	
Herbal compounds (gingko, ginseng, ma huang, ephedra, guarana)	
Cognitive impairment with anxiety and fear of losing one's mind	
Psychological stressors causing anxiety	Fear of pain
	Fear of rejection by loved ones
	Fear of isolation
	Financial distress, job insecurity
	Stigmatization
	Housing concerns
	Child care, permanency placement
	Disease unpredictability
	Loss of control over bodily functions, increased dependency
	Death of another person with HIV
	Fear of death and dying due to acute change in medical status