

# Patient information from BMJ

Last published: Jul 14, 2020

## Anxiety: questions to ask your doctor

**If you've been diagnosed with anxiety disorder, you may want to ask your doctor some of these questions.**

- What exactly does my diagnosis mean?
- Why do I have anxiety disorder?
- Can my anxiety be treated?
- What are my options for treatment?
- Will any of these treatments make me better?
- What can treatment do for me?
- Will I get side effects from my treatment?
- How long will it be before I feel better?
- Will I need treatment for the rest of my life?
- What kind of health professional is best qualified to help me?
- Can I have cognitive behaviour therapy (CBT) instead of drugs?
- If I take medicine for my anxiety will I become addicted?
- Is there anything I can do to help myself?
- I've had these feelings for a long time. Does this mean I'll always have them?
- What will happen if I don't get treatment?

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