

REVOKED

Statement of Principles concerning **GENERALISED ANXIETY DISORDER**

ICD CODE: 300.02

Veterans' Entitlements Act 1986
subsection 196B(3)

1. Being of the view that, on sound medical-scientific evidence, it is more probable than not that **generalised anxiety disorder and death from generalised anxiety disorder** can be related to eligible war service rendered by veterans and defence service rendered by members of the Forces, the Repatriation Medical Authority hereby determines, under subsection 196B(3) of the *Veterans' Entitlements Act 1986*, that the factors that must exist before it can be said that, on the balance of probabilities, that **generalised anxiety disorder or death from generalised anxiety disorder** is connected with the circumstances of that service, are:

- (a) experiencing a stressful event not more than one year before the clinical onset of generalised anxiety disorder; or
- (b) experiencing a stressful event not more than one year before the clinical worsening of generalised anxiety disorder; or
- (c) inability to obtain appropriate clinical management for generalised anxiety disorder.

2. Subject to clause 3 (below) at least one of the factors set out in paras **1(a)** to **1(c)** must be related to any service rendered by a person.

3. The factors set out in paragraphs **1(b) and 1(c)** apply only where:

- (a) the person's **generalised anxiety disorder** was suffered prior to a period, or part of a period, of service to which the factor is related; and
- (b) the relationship suggested between the **generalised anxiety disorder** and the particular service of a person is a relationship set out in paragraph 9(1)(e), 70(5)(d), or 70(5)(A)(d) of the Act.

4. For the purposes of this Statement of Principles:

“generalised anxiety disorder” means a psychiatric disorder that is a generalised anxiety disorder attracting ICD code 300.02, and which meets the following description (derived from DSM-IV):

- (a) excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least six months, about a number of events or activities (such as work or study), which:
 - (i) the person finds difficult to control; and
 - (ii) which is associated with three or more of the following six symptoms, at least some of which are present for more days than not for the previous six months:
 - (A) restlessness or feeling keyed up or on edge;
 - (B) being easily fatigued;
 - (C) concentration difficulties or mind going blank;
 - (D) irritability;
 - (E) muscle tension;
 - (F) sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep); and
 - (iii) the focus of which is not confined to features of an Axis I disorder, for example, it is not about:
 - (A) having a Panic Attack (as in Panic Disorder); or
 - (B) being embarrassed in public (as in Social Phobia); or
 - (C) being contaminated (as in Obsessive-Compulsive Disorder); or
 - (D) being away from home or close relatives (as in Separation Anxiety Disorder); or
 - (E) gaining weight (as in Anorexia Nervosa); or
 - (F) having multiple physical complaints (as in Somatization Disorder); or
 - (G) having a serious illness (as in Hypochondriasis); and
 - (iv) it does not occur exclusively during Post-Traumatic Stress Disorder; and

- (v) either the anxiety or worry, or physical symptoms, cause clinically significant distress or impairment in social, occupational, or other important areas of functioning; and
- (b) which is not due to the direct physiological effects of:
 - (i) a drug of abuse; or
 - (ii) a medication; or
 - (iii) a general medical condition (such as hyperthyroidism); and
- (c) which does not occur exclusively during a Mood Disorder, a Psychotic Disorder, or a Pervasive Developmental Disorder.

“DSM-IV” means the fourth edition of the American Psychiatric Association’s *Diagnostic and Statistical Manual of Mental Disorders*;

“stressful event” means an occurrence which evokes feelings of anxiety or stress.

Dated this _____ day of _____ 1994

The Common Seal of the)
 Repatriation Medical Authority)
 was affixed to this instrument)
 in the presence of:)

KEN DONALD
 CHAIRMAN