

REVOKED

Statement of Principles
concerning
GENERALISED ANXIETY DISORDER

ICD CODE: 300.02

Veterans' Entitlements Act 1986
subsection 196B(2)

1. Being of the view that there is sound medical-scientific evidence that indicates that **generalised anxiety disorder and death from generalised anxiety disorder** can be related to operational service rendered by veterans, peacekeeping service rendered by members of Peacekeeping forces and hazardous service rendered by members of the Forces, the Repatriation Medical Authority hereby determines, under subsection 196B(2) of the *Veterans' Entitlements Act 1986*, that the factors that must as a minimum exist before it can be said that a reasonable hypothesis has been raised connecting **generalised anxiety disorder or death from generalised anxiety disorder**, with the circumstances of that service, are:

- (a) having been a prisoner of war; or
- (b) experiencing a stressful event not more than two years before the clinical onset of generalised anxiety disorder; or
- (c) experiencing a stressful event not more than two years before the clinical worsening of generalised anxiety disorder; or
- (d) 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 paragraphs **1(a) to 1(d)** must be related to any service rendered by a person.

3. The factors set out in paragraphs **1(c) and 1(d)** 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 8(1)(e), 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