

Substance- or medication-induced anxiety

Describing Anxiety Around Medicines or Substances

Adults | 10 to 15 minutes

Anxiety can occur around medicine changes, substance use, withdrawal, or other health factors, but timing alone does not prove the cause. A qualified professional should assess the pattern. Do not stop prescribed treatment or abruptly change substance use based on this page; withdrawal can require medical care.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Bring a brief timeline

Note the anxiety change and relevant prescribed medicines, nonprescription products, supplements, caffeine, alcohol, or other substances. Include approximate timing and recent changes if known. You do not need to calculate a cause or adjust a dose.

Ask for a safe plan

Contact the prescriber, pharmacist, or suitable clinician to discuss symptoms and next steps. Seek urgent medical help for severe or rapidly worsening symptoms. Ask how to manage concerns safely while the cause is assessed.

1. What anxiety or physical changes have you noticed, and approximately when did they begin?**2. What medicine, supplement, or substance changes should the clinician know about?****3. What symptoms or circumstances might need urgent medical attention?****4. Who will you contact, and what safe next-step question will you ask?****Clinical use and adaptation**

Assess medication effects, intoxication, withdrawal, medical causes, and independent anxiety conditions. Do not infer causation from association or advise abrupt cessation, tapering, or dose changes. Severe symptoms or possible withdrawal require appropriate medical triage.