



## OSCE Checklist | Anxiety History Taking

Opening the consultation		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Ask the patient if they'd be happy to talk with you about their current issues	
Presenting complaint		
5	Use open questioning to explore the patient's presenting complaint	
Exploring symptoms of anxiety		
6	Explore psychological symptoms (e.g. persistent fear/worry, feeling nervous, restless, sense of impending doom, low sense of self-worth)	
7	Explore physical symptoms (e.g. feeling hot, hyperventilation, palpitations, headache, nausea, shortness of breath, pins and needles)	
8	Ask about timing of symptoms (episodic vs constant)	
9	Identify any triggers for anxiety	
10	Ask about relieving factors for anxiety	
Assess suicide risk		
11	Assess the patient's risk of suicide	
Screening for other psychiatric diagnoses		
12	Screen for features of depression and other psychiatric diagnoses	
Past psychiatric history		
13	Ask the patient if they have had previous episodes of anxiety	
14	Ask the patient if they have been diagnosed with other mental health conditions	
Past medical history		
15	Ask if the patient has any medical conditions	
Drug history		
16	Ask if the patient is currently taking any prescribed medications or over-the-counter remedies	
17	Ask the patient if they're currently experiencing any side effects from their medication	
Family history		
18	Ask the patient if there is any family history of psychiatric disease in first-degree relatives	
Social history		
19	Explore the patient's general social context	
20	Assess the impact of patient's anxiety symptoms on their relationships and work	

<b>21</b>	Ask about sleep	
<b>22</b>	Take a smoking history	
<b>23</b>	Take an alcohol history	
<b>24</b>	Ask about recreational drug use	
<b>25</b>	Ask about gambling	
<b>Closing the consultation</b>		
<b>26</b>	Ask the patient if they have any questions or concerns that have not been addressed	
<b>27</b>	Thank the patient for their time	
<b>28</b>	Dispose of PPE appropriately and wash your hands.	
<b>Key communication skills</b>		
<b>29</b>	Active listening	
<b>30</b>	Summarising	
<b>31</b>	Signposting	

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