

Staff Guidance

Disability: Anxiety Disorder

Characteristics:

Anxiety disorders include generalized anxiety disorder, panic disorder, social phobia and PTSD, and may also be present with other MH issues. Symptoms include excessive, often irrational dread of everyday situations, with physical symptoms including panic attacks, feeling faint and sickness. Treatment is often through CBT and medication and taught breathing/relaxation techniques.

Effects on self and study

Starting university with its associated changes (environment, support group etc) may trigger higher occurrences of panic attacks.

Exams often trigger panic and anxiety with severe physical effects

Presentations in front of peers may be an area of difficulty that students need support with.

Potential Reasonable Adjustments

*Placements – Discussion with student about placement preference, liaison with the MH Co-ordinator and placement to be aware of need to make reasonable adjustments

*Lectures – Allowed to record lecture, have access to notes/slides in case of need to leave lecture, allowed to sit near exit and to leave if feeling panicky to self manage and return when better.

*Exams – extra time, near toilet facilities, in own room or small groups.

*Mentor to support self-help strategies around anxiety and stress management, relaxation techniques and time management. May also help plan for presentations and associated anxiety.

Each student is an individual and as such may only require some of these adjustments or none at all. These are guidelines of things that could be considered however some courses may require more specific adjustments. It is advisable that students, academics and the MH Co-ordinator work together to achieve appropriate adjustments. Some courses involve Fitness to Practice requiring students to achieve professional competencies to qualify.