

# DIZZINESS AND PSYCHIATRIC CONDITIONS



Individuals with dizziness are **3X more likely** to have depression, anxiety, and/or panic disorders.<sup>1</sup>

In fact, **approximately 50%** of individuals with vestibular/balance disorders develop depression, anxiety, and/or panic disorders.<sup>2</sup>



Interestingly, of the **19%** of individuals diagnosed with an anxiety disorder in the past year, only 1/3 sought or received treatment.<sup>3</sup>



While modest symptoms of depression are more common in individuals with dizziness, **these symptoms may be more reactionary**, resulting, instead, from having an undiagnosed, disabling illness (e.g., vestibular disorder).<sup>4</sup>

## WHO CAN HELP?

Your primary-care physician (PCP) is your first entry point! However, referrals to one or more of the following specialties may also be recommended:

- Audiology
- Cardiology
- Endocrinology
- ENT/Otology
- Neurology
- Physical Therapy
- Psychology/Psychiatry
- Social Work
- Others



## MANAGEMENT TO CONSIDER IN THE INTERIM<sup>5</sup>

- Calming/stress-reduction techniques
- Adequate sleep, balanced diet, and hydration
- Local or online support groups for individuals with dizziness
- Daily exercise (light to heavy; may vary per individual)
- Maintenance of a positive mindset

## COMMON DIZZINESS SYMPTOMS

- Vertigo (i.e., spinning)
- Sensation of fainting and/or lightheadedness
- Nausea
- Imbalance

## ENDNOTES

<sup>1</sup> Bigelow RT, Semenov YR, du Lac S, Hoffman HJ, Agrawal Y. (2016) Vestibular vertigo and comorbid cognitive and psychiatric impairment: the 2008 national health interview survey. *J Neurol Neurosurg Psychiatry* 87(4):367-372.

<sup>2</sup> Dieterich M, Staab JP. (2017) Functional dizziness: from phobic postural vertigo and chronic subjective dizziness to persistent postural-perceptual dizziness. *Curr Opin Neurol* 30(1):107-113.

<sup>3</sup> Anxiety and Depression Association of America (ADAA). Facts and Statistics. Retrieved from <https://adaa.org/about-adaa/press-room/facts-statistics>. Accessed July 3, 2019.

<sup>4</sup> Ketola S, Havia M, et al. (2007) Depressive symptoms underestimated in vertiginous patients. *Otolaryngol Head Neck Surg* 137(2):312-315.

<sup>5</sup> Dieterich M, Staab JP, Brandt T. (2016) Functional (psycho-genic) dizziness. *Handbook of Clinical Neurology* 139:447-468.