

		CODES-PRIMARY-DOCUMENTS-TABLE					
Category	Subcategory	Codes	Group 1	Group 2	Group 3	Group 4	TOTAL
ONSET OF THE DISORDER, SYMPTOMS AND COURSE	Onset	Onset with a panic attack	0	1	1	1	3
	Onset	Stressful situation as precipitant	1	3	2	4	10
	Onset	Empty nest syndrome	0	3	0	0	3
	Onset	Onset of anxiety associated with physical illnesses	1	6	4	1	12
	Onset	Onset of anxiety associated with caregiver role or its loss	0	1	1	1	3
	Symptom	Fatigue	5	1	0	2	8
	Symptom	Pain	5	0	1	2	8
	Symptom	Driving phobia	3	1	0	0	4
	Symptom	Suicidal ideation	2	0	0	0	2
	Symptom	Inactivity	0	4	0	1	5
	Symptom	Feeling of insecurity	1	0	1	1	3
	Symptom	Insomnia	0	3	1	1	5
	Symptom	Irritability	5	0	0	0	5
	Symptom	Fear of dying	6	0	0	0	6
	Symptom	Choking sensation	1	3	0	0	4
	Symptom	Generalized worries	0	0	2	0	2
	Course	Fluctuation of symptoms	5	1	6	0	12
	Course	Feeling of not recovering	5	3	4	0	12
Course	Feeling of recovering	10	5	1	2	18	
Course	Feeling of partial recovering	0	1	0	1	2	
Course	Worsening with everyday problems or stressors	6	2	4	1	13	
DAILY LIFE WITH THE DISORDER	Work interference	Work interference	1	2	3	4	10
	Social interference	Social interference	5	0	1	3	9
	Interference with family	Interference with family	3	0	4	4	11
	Support	Lack of environmental support	3	19	2	1	25
	Support	Lack of family support	4	0	2	0	6
	Support	Support from others	3	7	1	6	17
COPING WITH THE DISORDER	Active coping	Music, sing to relax	0	3	0	0	3
	Active coping	Usefulness of acceptance	4	0	0	1	5
	Active coping	Usefulness of physical activity	1	9	0	0	10
	Active coping	Usefulness of staying active or busy	9	1	2	6	18
	Active coping	Usefulness of setting goals	3	0	1	1	5
	Active coping	Usefulness of humor	7	0	0	1	8
	Active coping	Usefulness of yoga and meditation	0	3	0	1	4
	Avoidance-based coping	Hidden reasons search	6	0	0	0	6
Avoidance-based coping	Safety behavior	1	2	0	0	3	

	Avoidance-based coping	Rejection from others	2	6	1	2	11
	Expectations	Hopelessness	0	3	1	1	5
	Expectations	Hope	1	0	0	1	2
	Reason for consultation	Advice from others	0	1	1	0	2
	Reason for consultation	Because their relatives are also affected	2	0	4	3	9
	Reason for consultation	Delay to ask for help during years	0	2	2	0	4
DEMAND OF	Relationship with health professionals	Bad experience with private psychiatrist	2	0	1	0	3
HEATH CARE	Relationship with health professionals	Bad relationship with PCP	4	0	1	0	5
FOR ANXIETY	Relationship with health professionals	Bad experience with psychiatrist or psychologist	2	0	0	2	4
	Relationship with health professionals	Good relationship with PCP	4	2	4	2	12
	Relationship with health professionals	Good relationship mental health professional	3	6	3	0	12
	Health services overuse	Health services overuse	1	0	1	1	3
	Process	Direct patient referral to mental health services	3	0	2	1	6
	Process	PCP doctor attributes his/her complaints to anxiety	8	0	0	0	8
	Process	Adequate accessibility to mental health	0	0	2	0	2
	Process	Delay of review appointments in mental health	4	1	0	1	6
	Process	Complaint about high staff turnover in mental health	0	2	3	1	6
	Process	Demand mental health emergency care	0	0	2	1	3
	Process	Complaints about poor coordination between health services	0	0	2	0	2
TREATMENT	Pharmacological treatment	Drug treatment as the first option	2	2	3	2	9
OPTIONS AND	Pharmacological treatment	Cessation of prescribed medication	0	1	1	1	3
DECISION-	Pharmacological treatment	Dissatisfied with medication	5	4	1	2	12
MAKING	Pharmacological treatment	Usefulness of drug treatment	1	1	2	1	5
	Pharmacological treatment	Differential effects of psychological treatment and medication	1	0	2	2	5
	Psychological treatment	Psychoeducation at PCH level	0	0	2	1	3
	Psychological treatment	Lack of psychoeducation in emergency service	1	2	0	0	3
	Psychological treatment	Usefulness of group therapy	5	12	8	3	28
	Psychological treatment	Relief to know that other patients are in the same situation	2	0	2	1	5
	Psychological treatment	Usefulness of individual psychological care	5	2	1	1	9
	Psychological treatment	Primacy of exposure treatment in psychological care	3	0	2	3	8
	Psychological treatment	Difficulty following behavioral guidelines	0	1	0	1	2
	Psychological treatment	Complaint about there are too few psychologists	1	2	2	3	8
		TOTAL	189	157	59	46	451