

## **Common Emotional & Psychological Presentations**

- Anxiety about symptoms, tests, or results
  - Fear of diagnosis or deterioration
  - Low mood or depression linked to illness
  - Health anxiety / catastrophic thinking
  - Feeling overwhelmed by treatment demands
  - Loss of confidence or independence
  - Shame or embarrassment about symptoms
  - Anger or frustration with services or waiting times
  - Feeling unheard or dismissed by professionals
  - Grief and loss (health, function, identity)
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## **Adjustment & Coping Presentations**

- Difficulty adjusting to a new diagnosis
  - Struggling to accept chronic or long-term conditions
  - Non-adherence to treatment plans
  - Avoidance of appointments or procedures
  - Feeling conflicted about medical decisions
  - Burnout from long-term illness management
  - Emotional exhaustion in carers or family members
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## **Identity & Role Changes**

- Loss of work role or independence
  - Changes in body image
  - Changes in sexual identity or intimacy
  - Feeling like a burden to others
  - Shift from "healthy person" to "patient identity"
  - Impact on parenting or family roles
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## Communication-Related Presentations

- Difficulty articulating symptoms
  - Appearing withdrawn or shut down
  - Over-talking due to anxiety
  - Appearing angry or defensive
  - Difficulty making decisions
  - Avoiding eye contact or engagement
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## End-of-Life & Serious Illness

- Fear of death or dying
- Existential distress
- Unfinished business or regrets
- Desire for control or autonomy
- Ambivalence about treatment continuation
- Supporting family while struggling personally
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## Presentations Common in Long-Term Conditions

- Fluctuating hope and hopelessness
  - Treatment fatigue
  - Identity loss
  - Grief for former self
  - Fear of future decline
  - Social isolation
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## Example person-centred reflection for health care:

- *"It sounds like you're feeling frightened and uncertain while waiting for answers."*
- *"There's a sense of loss in how this has changed your life."*
- *"It feels like you're trying to stay strong, even though this is overwhelming."*