



**Australian Government**  
**Repatriation Medical Authority**

Amendment Statement of Principles  
concerning

**PANIC DISORDER**

**No. 101 of 2016**

for the purposes of the

*Veterans' Entitlements Act 1986*

and

*Military Rehabilitation and Compensation Act 2004*

1. This Instrument may be cited as Amendment Statement of Principles concerning panic disorder No. 101 of 2016.
2. The Repatriation Medical Authority amends, under subsection 196B(8) of the *Veterans' Entitlements Act 1986*, Statement of Principles concerning panic disorder Instrument No. 68 of 2009 by:
  - (A) Replacing the definition of "panic disorder" in clause 3(b) as follows:
    - "(b) For the purposes of this Statement of Principles, "**panic disorder**" means a psychiatric condition meeting the following diagnostic criteria (derived from DSM-5):
      - A. Recurrent unexpected panic attacks. A panic attack is an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes, and during which time four (or more) of the following symptoms occur:

Note: The abrupt surge can occur from a calm state or an anxious state.

        - (i) palpitations, pounding heart, or accelerated heart rate;
        - (ii) sweating;
        - (iii) trembling or shaking;
        - (iv) sensations of shortness of breath or smothering;
        - (v) feelings of choking;
        - (vi) chest pain or discomfort;
        - (vii) nausea or abdominal distress;
        - (viii) feeling dizzy, unsteady, light-headed or faint;
        - (ix) chills or heat sensations;

- (x) paraesthesias (numbness or tingling sensations);
- (xi) derealisation (feelings of unreality) or depersonalisation (being detached from oneself);
- (xii) fear of losing control or "going crazy"; or
- (xiii) fear of dying.

Note: Culture-specific symptoms (for example, tinnitus, neck soreness, headache, uncontrollable screaming or crying) may be seen. Such symptoms should not count as one of the four required symptoms;

- B. At least one of the attacks has been followed by one month (or more) of one or both of the following:
    - (i) persistent concern or worry about additional panic attacks or their consequences (for example, losing control, having a heart attack, "going crazy");
    - (ii) a significant maladaptive change in behaviour related to the attacks (for example, behaviours designed to avoid having panic attacks, such as avoidance of exercise or unfamiliar situations);
  - C. The disturbance is not attributable to the physiological effects of a substance (for example, a drug of abuse, a medication) or another medical condition (for example, hyperthyroidism, cardiopulmonary disorders); and
  - D. The disturbance is not better explained by another mental disorder (for example, the panic attacks do not occur only in response to feared social situations, as in social anxiety disorder; in response to circumscribed phobic objects or situations, as in specific phobia; in response to obsessions, as in obsessive-compulsive disorder; in response to reminders of traumatic events, as in posttraumatic stress disorder; or in response to separation from attachment figures, as in separation anxiety disorder)."; and
- (B) Replacing existing factors (e) and (l) in clause 6 as follows:
- "(e) having a clinically significant disorder of mental health from Specified List 1 at the time of the clinical onset of panic disorder; or";
  - "(l) having a clinically significant disorder of mental health from Specified List 2 at the time of the clinical worsening of panic disorder; or"; and
- (C) Replacing the definitions of "ICD-10-AM code" and "relevant service" in clause 9 as follows:
- "ICD-10-AM code"** means a number assigned to a particular kind of injury or disease in The International Statistical Classification of Diseases and Related Health Problems, Tenth Revision, Australian Modification (ICD-10-AM), Ninth Edition, effective date of 1 July 2015, copyrighted by the Independent Hospital Pricing Authority, ISBN 978 1 76007 020 5;';

**"relevant service"** means:

- (a) operational service under the VEA;
- (b) peacekeeping service under the VEA;
- (c) hazardous service under the VEA;
- (d) British nuclear test defence service under the VEA;
- (e) warlike service under the MRCA; or
- (f) non-warlike service under the MRCA;'; and

(D) Inserting the following definitions in clause 9 in alphabetical order:

**"a clinically significant disorder of mental health from Specified List 1"** means one of the following conditions, which is of sufficient severity to warrant ongoing management, which may involve regular visits (for example, at least monthly) to a psychiatrist, counsellor or general practitioner:

- (a) acute stress disorder;
- (b) agoraphobia;
- (c) alcohol use disorder;
- (d) anxiety disorder;
- (e) bipolar disorder;
- (f) depressive disorder;
- (g) eating disorder;
- (h) obsessive-compulsive disorder;
- (i) personality disorder (restricted to avoidant personality disorder, borderline personality disorder, dependent personality disorder, histrionic personality disorder and obsessive-compulsive personality disorder);
- (j) posttraumatic stress disorder;
- (k) schizophrenia;
- (l) social anxiety disorder;
- (m) specific phobia; or
- (n) substance use disorder;';

**"a clinically significant disorder of mental health from Specified List 2"** means one of the following conditions, which is of sufficient severity to warrant ongoing management, which may involve regular visits (for example, at least monthly) to a psychiatrist, counsellor or general practitioner:

- (a) acute stress disorder;
- (b) agoraphobia;
- (c) alcohol use disorder;
- (d) anxiety disorder;
- (e) bipolar disorder;
- (f) depressive disorder;
- (g) eating disorder;
- (h) obsessive-compulsive disorder;
- (i) posttraumatic stress disorder;
- (j) schizophrenia;
- (k) social anxiety disorder;
- (l) specific phobia; or
- (m) substance use disorder;';

"**DSM-5**" means the American Psychiatric Association: *Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition. Arlington, VA, American Psychiatric Association, 2013; and

- (E) Deleting the definitions of "a clinically significant psychiatric condition from specified list 1", "a clinically significant psychiatric condition from specified list 2", "DSM-IV-TR", "obsessive-compulsive disorder", "panic attack", "phobic anxiety" and "substance-induced anxiety disorder" in clause 9.
- 3. The amendments made by this instrument apply to all matters to which Instrument No. 68 of 2009, section 120A of the *Veterans' Entitlements Act 1986* and section 338 of the *Military Rehabilitation and Compensation Act 2004* apply.
- 4. The amendments made by this instrument take effect from 28 November 2016.

Dated this *twenty-eighth* day of *October* 2016

The Common Seal of the  
Repatriation Medical Authority  
was affixed to this instrument  
at the direction of: )  
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PROFESSOR NICHOLAS SAUNDERS AO  
CHAIRPERSON