

## Akathisia Tip Sheet

MISSD's akathisia tip sheet can help healthcare consumers and providers have meaningful conversations about akathisia. Akathisia can occur when stopping, starting, or changing the dosage or type of various prescription drugs. It is often misdiagnosed and/or mistreated due to a lack of awareness of subjective (inner) and objective (outer) symptoms.

### **Subjective symptoms of akathisia may include:**

- Delirium
- Skin crawling or tingling sensations
- Insomnia
- New or worsening agitation or anxiety
- Suicidal thoughts or actions

### **Objective symptoms of akathisia may include:**

- Inability or difficulty staying still, such as pacing, swinging legs, or walking in circles
- Distracted, deer-in-the-headlights look

Consumers should ask prescribers about possible adverse drug effects and identify a “medication buddy” to help closely monitor for any unusual changes in behavior. These actions are essential because sometimes akathisia sufferers cannot recognize and/or report symptoms.



*This information is provided by the Medication-Induced Suicide Prevention and Education Foundation in Memory of Stewart Dolin (MISSD). For more resources, please see [MISSD.co](https://www.missd.co) and <https://www.youtube.com/c/MISSDFoundation>.*