

[Football](#)

[Men's Basketball](#)

[Women's Basketball](#)

[More sports](#)

[Photos](#)

Find what you are looking for ...

SEARCH

The psychological side of medical tests

The days or weeks spent waiting for a result can be harrowing, and then there's the result itself

1:40 PM, Sep 17, 2012 | [Comments](#)

[Recommend](#)

[Sign Up to see what your friends recommend.](#)

[Recommend](#)

0

[Tweet](#)

0

0

A A



When you're waiting for the results of a medical test, it can be a stressful time filled with fear, anxiety and uncertainty about the future. It's not uncommon to become overwhelmed by what you're feeling, but you don't have to let your fears get the better of you. These tips can help you stay calm as you wait those long hours for that call from your doctor.

GET THE INFORMATION YOU NEED.

Information is power, and when you find out information about the condition you're being tested for, it can go a long way to making you feel better because a lot of anxiety that

you feel can be rooted in your fears.

"It is inevitable that when information is readily available we will seek it out," said Mental Health Counselor Angela Durant Turner.

"Finding out about your condition through medical websites or blogs can be helpful because it helps the patient to feel they have some level of control over what is happening to them and allows them to read about others in similar situations."

When you're seeking out this information, it's important to keep in mind that not everything you read will actually apply to you since everyone's case is different.

TRY NOT TO DWELL ON IT. Although getting information about an illness can help you become more informed, it's important not to

invest too much mental and emotional energy in thinking about the illness.

"Don't ruminate on it," said Alannah Arnold of Insight Out Therapy. "If you catch yourself having gone through the same information more than three times, then you ruminate and that's not helpful. That's just going to exacerbate the situation."

When the news is bad

There's no doubt that when you find out you actually have the illness you feared, it can be

Written by
KENYA MCCULLUM

FILED UNDER

[Your Health](#)
[Your Health: Mind Matters](#)

Good news may cause bad feelings

Although it seems counterintuitive, sometimes when people receive good news about their health, they initially experience some of the same depression that they would from a bad result. According to Robin McDougall of The Healing Center, this is often because people have spent so much time preparing themselves for the worst that they don't know how to process the good news they've received.

"They've prepped themselves up so much for the negative that they actually feel almost a little let down about the fact that it's positive," she said. "It can be a really bizarre feeling and they're sometimes not quite ready to let go of the alarm they have been feeling. It's almost too good to be true, so they don't shift quickly

ADVERTISEMENT

[Most Popular](#)

[Most Commented](#)

[More Headlines](#)

- 1 [Update: GCSO: Man charged in 2010 after having sex with horses arrested again on similar charges](#)
- 2 [U.S. Marshal's Office arrests 14-year-old murder suspect in Tallahassee](#)
- 3 [Man faces horse sex abuse charges](#)
- 4 [Unidentified man causes disturbances at two events](#)
- 5 [Manuel, Glennon share friendly rivalry](#)

Most Viewed

[ESPN's Corso picks the 'Noles, plants the spear](#)
Sep. 22, 2012



PHOTO GALLERIES



into celebrating."

If you're experiencing these kinds of feelings, McDougall suggests that you be gentle with yourself and allow yourself to feel what you're feeling until you're ready to let the relief set in.

devastating. People who receive this kind of news can become deeply depressed and feel like their life is over. But just as you can work to get through the physical challenges, you can also find ways to cope with your diagnosis emotionally.

GET THE SUPPORT YOU NEED. If you have a strong support system of good friends and family, don't shut them out of this process. Allow them to be there for you and help you work through the emotions you're feeling.

If you don't have a strong support system of people you can trust with your delicate feelings, you may be able to find illness-specific support groups at local medical centers, or even on the Internet. Also, you may want to consult a therapist who specializes in counseling people with medical challenges.



Florida State Varsity Club Classic



13th Cultural Glimpses of India

Nursing Program-39 months

Small class sizes and real-world professionals to help you succeed

WestCoastUniversity.edu/BS-Nurs

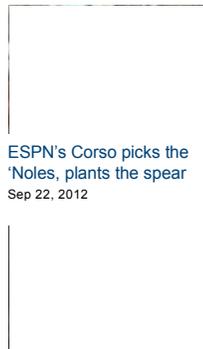
GANNETT
It's all within reach.
LEARN MORE AT
GANNETT.COM

ADVERTISEMENT

View Comments | Share your thoughts »

TOP VIDEO PICKS

selected by Taboola



ESPN's Corso picks the 'Noles, plants the spear
Sep 22, 2012

FSU's going pink for breast cancer awarene...
Oct 2, 2012

Clark, Schoffel recap FSU's 49-37 win over ...
Sep 23, 2012

YOU MIGHT BE INTERESTED IN

Humphries touts FAMU's 'exceptionalism' (rattlernews.com | Tallahassee Democrat | Covering Rattler sports and news from Florida A&M University in Tallahassee, FL)

Florida Highway Patrol sets sights on veterans (rattlernews.com | Tallahassee Democrat | Covering Rattler sports and news from Florida A&M University in Tallahassee, FL)

FAMU flame burns bright for 125th anniversary (rattlernews.com | Tallahassee Democrat | Covering Rattler sports and news from Florida A&M University in Tallahassee, FL)

It's almost here! Go Pink! coming Thursday (rattlernews.com | Tallahassee Democrat | Covering Rattler sports and news from Florida A&M University in Tallahassee, FL)

Bottlers turn focus to ball

SPONSORED LINKS

Why Is A Fast-Food Giant Going After A One-Man Business? (OPEN Forum)

How Did Former QB Vince Young Blow \$30 Million In Three Years? Look At All The Crazy Isht He Spent His Money On! (Bossip)

10 of the richest NFL players (Bankrate)

Colts Head Coach Chuck Pagano Wife: Tina Pagano (Picture) (Zimbio)

Hot Wives/Girlfriends of the NFL (ChaCha)

5 NFL matchups to watch closely in Week 3 (The Daily Dot)

Living With Cancer

View survivor stories & chat online w/ oncology information experts.

cancercenter.com

AdChoices

ADS BY PULSE 360

AdChoices

1 Shocking Tip To Kill Belly Fat

Celebrity Doctor Reveals 1 Simple Trick To Lose 27lbs This Summer
OnlineConsumerLifestyles.com

San Francisco: Mom Makes Botox Doctors Angry

California: Mom Reveals Clever \$5 Wrinkle Therapy That Makes Botox Doctors Furious
SmartConsumerLiving.com

San Francisco Arrest Records

Who do you know in San Francisco that's been arrested? You? Your friends?
InstantCheckmate.com

REAL DEALS



Flip, shop and save on specials from your favorite retailers in

SPECIAL SECTIONS

On-the-Move cars publication
Find the best gas prices in town
Active Living magazine

ARCHIVES

View the last seven days

- Yesterday, Oct. 02
- Monday, Oct. 01
- Sunday, Sep. 30
- Saturday, Sep. 29
- Friday, Sep. 28
- Thursday, Sep. 27

E-NEWSPAPER

Subscribers log in to view a replica of the print edition of the Tallahassee Democrat



ADVERTISEMENT

[Site Map](#) | [Back to Top](#)

[FOOTBALL](#)

[MEN'S BASKETBALL](#)

[WOMEN'S BASKETBALL](#)

[MORE SPORTS](#)

[PHOTOS](#)

FOLLOW US

[Twitter](#)

[Facebook](#)

[Mobile](#)

[RSS](#)

[E-mail Alerts](#)

[Text Alerts](#)

[News](#) | [Jobs](#) | [Cars for Sale](#) | [Homes for Sale](#) | [Apartments for Rent](#) | [Real Estate](#) | [Shopping](#)

GANNETT

Copyright © 2012 rattlernews.tallahassee.com. All rights reserved.

Users of this site agree to the [Terms of Service](#), [Privacy Notice/Your California Privacy Rights](#), and [Ad Choices](#)

OPEN