

Managing Claustrophobia & Patient Anxiety



Support safer, more successful MR examinations

What To Do:



Explain the Examination:

Clear, calm communication reduces fear and builds trust.



Encourage Relaxation:

Slow breathing and mindfulness can ease anxiety.



Offer Comfort: Music, eye masks, blankets and hearing protection can reduce outside stimuli.



Maintain Communication:

Provide updates and ensure patients can alert staff at any time.



Plan Ahead: Sedation or alternative scanners may be appropriate for high anxiety.

Why It Matters:

- Up to **37% of patients experience anxiety** during MR examinations.¹
- Claustrophobia can cause scan termination in up to **15% of patients**.²
- Studies show that most MR anxiety interventions have a positive effect on reducing anxiety, sedation or incomplete examinations.³



asrt.org/MRSafetyWeek

To view data references, visit asrt.org/Managing-Anxiety-References.