

Anxiety Screening

Indicate how often you've felt the following during the past 2 weeks

Scoring:

4 = Usually feel that way 3 = Often 2 = Sometimes 1 = Rarely 0 = Never

- Pounding heart
- Sweating
- Trembling or shaking
- Shortness of breath
- Afraid or scared
- Chest pain or discomfort
- Nausea or abdominal distress
- Feeling dizzy or unsteady
- Fear of losing control or going crazy
- Numbness or tingling sensations
- Chills or hot flashes
- Fear of dying
- Constant or persistent worry
- Feeling of choking
- Unable to relax
- Feeling of being unreal
- Nervous
- Feeling shaky or wobbly
- Irritable or difficulty sleeping
- Trembling hands
- Avoid situations because of anxiety

Scores of:

38 and higher suggest Severe Anxiety Symptoms and that you may benefit from professional support

23 to 37 suggest Moderate anxiety symptoms

6 to 22 suggest Mild to little symptoms of anxiety

0 to 5 suggest Little to no symptoms of anxiety