

How Anxious Are You?

by Amy Scholten, M.P.H.

Anxiety is a feeling or worry, nervousness, or apprehension. Though it is a normal part of the human condition, when prolonged, anxiety can be bad for your health and functioning. The following survey has been designed to give you some insight into how much anxiety you have. Please keep in mind that this is a *general* assessment of anxiety levels, not a diagnostic tool. Please see a mental health care provider for more in-depth testing.

Directions: Please read each statement carefully and select the answer that best describes your situation. When finished, add all of your points and interpret your score at the bottom of the page.

1. I feel fearful for no reason.

- a) Frequently
- b) Sometimes
- c) Rarely or never

2. I worry a lot.

- a) Frequently
- b) Sometimes
- c) Rarely or never

3. I feel tense.

- a) Frequently
- b) Sometimes
- c) Rarely or never

4. I fear that I am losing control.

- a) Frequently
- b) Sometimes

c) Rarely or never

5. I think about bad things that might happen in the future.

a) Frequently

b) Sometimes

c) Rarely or never

6. Little things can make me feel terrified.

a) Frequently

b) Sometimes

c) Rarely or never

7. I dwell on upsetting situations or events.

a) Frequently

b) Sometimes

c) Rarely or never

8. No matter what I do, I can't get my mind off my problems.

a) Frequently

b) Sometimes

c) Rarely or never

9. I'm easily alarmed or frightened.

a) Frequently

b) Sometimes

c) Rarely or never

10. I am easily irritated.

a) Frequently

- b) Sometimes
- c) Rarely or never

11. I have digestive problems (such as indigestion, diarrhea, constipation, stomach pain, etc.)

- a) Frequently
- b) Sometimes
- c) Rarely or never

12. I have shortness of breath for no apparent reason.

- a) Frequently
- b) Sometimes
- c) Rarely or never

13. I have trouble falling or staying asleep.

- a) Frequently
- b) Sometimes
- c) Rarely or never

14. My muscles feel tense or achy or I get headaches or neck pain.

- a) Frequently
- b) Sometimes
- c) Rarely or never

15. My hands are sweaty or cold and clammy.

- a) Frequently
- b) Sometimes
- c) Rarely or never

16. I shake or tremble.

- a) Frequently
- b) Sometimes
- c) Rarely or never

17. I have hot or cold sweats, for no apparent reason.

- a) Frequently
- b) Sometimes
- c) Rarely or never

18. I feel dizzy, light-headed, or like I may faint.

- a) Frequently
- b) Sometimes
- c) Rarely or never

19. It's difficult for me to make decisions, even small decisions.

- a) Frequently
- b) Sometimes
- c) Rarely or never

20. I have feelings of numbness or tingling in my body.

- a) Frequently
- b) Sometimes
- c) Rarely or never

21. My heart pounds or I have heart palpitations for no apparent reason

- a) Frequently

- b) Sometimes
- c) Rarely or never

22. I feel that I cannot control my anxious feelings.

- a) Frequently
- b) Sometimes
- c) Rarely or never

23. I have difficulty swallowing or feel like I have a lump in my throat.

- a) Frequently
- b) Sometimes
- c) Rarely or never

24. I avoid certain situations (such as going outside, socializing with others, flying, meeting new people, heights, etc.) because of anxiety.

- a) Frequently
- b) Sometimes
- c) Rarely or never

25. I have nightmares, or wake up at night feeling terrified.

- a) Frequently
- b) Sometimes
- c) Rarely or never

Scoring

Number of a, b, and c Answers	Point Value for Answers	Total Point Value (multiply total number of a, b, and c answers by their corresponding point value)
Number a answers:	All a answers = 10 points	
Number of b answers:	All b answers = 5 points	
Number of c answers:	All c answers = 1 points	
		Score (add total of a, b, and c points):

Your Score	Interpretation
25-50	Your score suggests that you do not have an anxiety problem.
51-100	Your score suggests that you have mild anxiety . Your anxiety may have developed as a result of stressful situations such as major life events or important deadlines. Mild anxiety usually lasts until you resolve the situations that are causing the tension.
101-150	Your score suggests that you have moderate anxiety . Your anxiety may have developed as a result of situations beyond your control (for example, illness, loss of job, or loss of a loved one). You could benefit from seeing a mental health care provider.
151-250	Your score suggests that you have severe anxiety . Please seek help from a mental health care provider.

Source:

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