

## Anxiety Self-Test

Is it possible that I have symptoms of Anxiety?

Instructions: Think about the past week and then read through the symptoms, circling a number to the amount of bother each symptom gave you over the past week. Finish by adding up the numbers to arrive at your score.

<u>Symptom</u>	<u>Not At All</u>	<u>Mildly</u>	<u>Moderately</u>	<u>Severely</u>
1. Numbness or tingling	0	1	2	3
2. Feeling hot	0	1	2	3
3. Wobbly legs	0	1	2	3
4. Unable to relax	0	1	2	3
5. Fear of the worst happening	0	1	2	3
6. Dizziness	0	1	2	3
7. Pounding heart	0	1	2	3
8. Unsteady	0	1	2	3
9. Afraid	0	1	2	3
10. Nervous	0	1	2	3
11. Choking feeling	0	1	2	3
12. Trembling hands	0	1	2	3
13. Shaky	0	1	2	3
14. Fear of losing control	0	1	2	3
15. Difficulty breathing	0	1	2	3
16. Fear of dying	0	1	2	3
17. Scared	0	1	2	3
18. Indigestion	0	1	2	3
19. Light headed/Faint	0	1	2	3
20. Face flushed	0	1	2	3
21. Hot/Cold Sweats	0	1	2	3
Total of each column				

Now add the totals together to give you a number between 0 and 63.

**Scores:**

- 0-7: Minimal level of anxiety. No action required.
- 8-21: Mild anxiety. Look at the sources of anxiety in your life and think about how you can minimize their impact.
- 21-42: Moderate anxiety. You are advised to seek the help of a health care provider.
- 42-63: Severe anxiety. Urgent treatment is needed. Please contact a health care provider.