

ANXIETY QUESTIONNAIRE

To determine excess anxiety. Rate each item on a scale from 1-5. Rate it for how you are feeling today -- I know that your feelings tomorrow might be different.

1 represents "very inaccurate," 3 represents "moderately accurate", 5 represents "very accurate."

#	Question	Score
1	Often worried about things that turn out to be unimportant.	
2	Always worried about something.	
3	Stressed out easily.	
4	Tend to get upset by unpleasant thoughts that come into your mind.	
5	Panic easily.	
6	Often worry.	
7	Often feel depressed.	
8	Easily bothered by things.	
9	Continue to worry about things after they have already happened.	
	Score	

Scoring:

- * A score above 36 is considered to be high anxiety.
- * Score between 27 and 36 is considered a significant anxiety.
- * Score between 18 and 27 is considered to be moderate anxiety.
- * Score of less than 18 is considered to be transitory anxiety.