

This tool is intended to help you begin to explore whether the feelings, thoughts or behaviors you may be experiencing could be anxiety. It is not intended to take the place of a professional evaluation or to serve as a diagnosis. After completing and scoring this questionnaire, please share the results with a doctor.

Select the best answer for each of the questions below and refer to the guidelines on the next page for scoring and interpreting your results.

Over the last 2 weeks, how often have you been bothered by any of the following problems (circle your answer from the choices at right):

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen.	0	1	2	3

Add columns:

+	+
Total:	

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all -----
Somewhat difficult -----
Very difficult -----
Extremely difficult -----

What does my score mean?

1-9 points= Low to mild anxiety severity range

Your score falls into the low to mild range, which means you're doing quite well. You can find some useful tips to maintaining your mental health under the "I want to stay mentally healthy" section of the Toolkit.

10-14 points= Medium anxiety severity range

Your score falls into the moderate range, which means you may be experiencing moderate anxiety. We recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may help to reduce the intensity and duration of your anxiety symptoms. You can find some useful resources and information under the "I'm not feeling well and want more information" section of the Toolkit.

15-21 points= High anxiety severity range

Your score falls into the high range, which means you may be experiencing anxiety. We strongly recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may help to reduce the intensity and duration of your anxiety symptoms. You can find some useful resources and information under the "I'm not feeling well and want more information" section of the Toolkit.

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressiontoolkit.org>

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