

Over the last two weeks, how often have you been bothered by the following problems?

Not at
all

Several
days

More
than half
the days

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 is hard to sit still

0

1

2

3

6. Becoming easily annoyed or irritable

0

1

2

3

7. Becoming easily annoyed or irritable

0

1

2

3

Add up your answers in each column

+

+

+

Total score _____

SCORING: 0-4 Minimal Anxiety • 5-9 Mild Anxiety • 10-14 Moderate Anxiety • 15-21 Severe Anxiety

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

Not difficult at all

Not difficult at all

Not difficult at all

Not difficult at all

☐
☐
☐
☐

THIS IS AN EXAMPLE ONLY, AND IS NOT A DIAGNOSES OF ANY MENTAL CONDITION OR DISORDER.