

Anxiety Questionnaire

Name:

Age:

Gender:

In the past two weeks, how frequently have the following issues been a source of concern or bother for you?

To determine the severity of anxiety using the questionnaire, scores are assigned based on the response categories. The scoring is as follows:

"Not at all" is scored as 0	"More than half the days" is scored as 2
"Several days" is scored as 1	"Nearly every day" is scored as 3

Questions	(0) Not at all	(1) Several days	(2) More than half the days	(3) Nearly everyday
1. How often have you felt excessive worry or apprehension?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. How frequently do you experience restlessness or feeling on edge?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you easily fatigued or have trouble sleeping due to anxiety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have difficulty concentrating or find your mind going blank because of anxiety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you noticed increased irritability or feelings of being on edge?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Do you experience muscle tension or physical symptoms related to anxiety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you avoiding certain situations or activities due to anxiety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Column totals (get the sum):				
Total Score:				

Scoring

The total score is calculated by adding up the scores for the seven items, resulting in a range of 0 to 21. The interpretation of the total score is as follows:

0 to 4: Minimal anxiety

5 to 9: Mild anxiety

10 to 14: Moderate anxiety

15 to 21: Severe anxiety