

Anxiety Self Test

	Not at all	Mildly; it did not bother me much	Moderately; it was very unpleasant but I could handle it	Severely; I could barely stand it
Numbness or tingling	0	1	2	3
Feeling hot	0	1	2	3
Sweating not due to heat	0	1	2	3
Face flushed	0	1	2	3
Faint	0	1	2	3
Feelings of choking	0	1	2	3
Indigestion or discomfort in abdomen	0	1	2	3
Terrified	0	1	2	3
Wobbliness in legs	0	1	2	3
Racing thoughts				
Unable to relax	0	1	2	3
Fear of the worst happening	0	1	2	3
Dizzy or lightheaded	0	1	2	3
Fear of losing control	0	1	2	3
Heart pounding or racing	0	1	2	3
Unsteady	0	1	2	3
Nervous	0	1	2	3
Hands trembling	0	1	2	3
Shaky	0	1	2	3
Difficulty breathing	0	1	2	3
Scared	0	1	2	3

Below 17 = Minor Anxiety
 17-29 = Minimal Anxiety
 30-44 = Moderate Anxiety
 45-and above = Significant Anxiety

Total Score: