

Name: _____

Date: _____

Please check the best response:

	None or Little of the time	Some of the time	Good Part of the time	Most or all of the time
1. I feel more nervous and anxious than usual.	1	2	3	4
2. I feel afraid for no reason at all.	1	2	3	4
3. I get upset easily or feel panicky.	1	2	3	4
4. I feel like I am falling apart and going to pieces.	1	2	3	4
5. I feel everything is all right and nothing bad will happen.	4	3	2	1
6. My arms and legs shake and tremble.	1	2	3	4
7. I am bothered by headaches, neck and back pain.	1	2	3	4
8. I feel weak and get tired easily.	1	2	3	4
9. I feel calm and can sit still easily.	4	3	2	1
10. I can feel my heart beating fast.	1	2	3	4
11. I am bothered by dizzy spells.	1	2	3	4
12. I have fainting spells or feel like it.	1	2	3	4
13. I can breath in and out easily.	4	3	2	1
14. I get feelings of numbness and tingling in my fingers, toes.	1	2	3	4
15. I am bothered by stomach aches or indigestion.	1	2	3	4
16. I have to empty my bladder often.	1	2	3	4
17. My hands are usually dry and warm.	1	2	3	4
18. My face gets hot blushes.	1	2	3	4
19. I fall asleep easily and get a good night's rest.	4	3	2	1
20. I have nightmares	1	2	3	4
21. I feel downhearted, blue and sad.	1	2	3	4
22. Morning is when I feel best.	4	3	2	1
23. I have crying spells, or feel like it.	1	2	3	4
24. I have trouble sleeping through the night	1	2	3	4
25. I eat as much as I use to.	4	3	2	1
26. I enjoy looking at, talking to, and being with attractive women / men.	4	3	2	1
27. I notice that I am losing weight.	1	2	3	4
28. I have trouble with constipation.	1	2	3	4
29. My heart beats faster than usual.	1	2	3	4
30. I get tired for no reason.	1	2	3	4
31. My mind is as clear as it used to be.	4	3	2	1
32. I find it easy to do the things I used to do.	4	3	2	1
33. I am restless and can't keep still.	1	2	3	4
34. I feel hopeful about the future.	4	3	2	1
35. I am more irritable than usual.	1	2	3	4
36. I find it easy to make decisions.	4	3	2	1
37. I feel that I am useful and needed.	4	3	2	1
38. My life is pretty full.	4	3	2	1
39. I feel that others would be better off if I were dead.	1	2	3	4
40. I still enjoy the things I used to do.	4	3	2	1

Anxiety Score _____ Questions 1 – 20

20-34 Normal
50-64 Moderate to Marked

35-49 Minimal to Mild
65-80 Severe to Extreme

Depression Rating _____ Questions 21 – 40

Below 40 Normal
48-55 Moderate to Marked

40-47 Minimal to Mild
56 and Over Severe to Extreme