

Anxiety Test

High levels of anxiety could be indicative of an anxiety disorder. This test will help you discover if your anxiety levels are high enough to seek treatment for a possible disorder.

Directions:

- Under "Score", enter your answer (0, 1, 2, or 3).
- Add up your score to discover if your score falls within mild, moderate, or severe.

Have you, for the last month, experienced the following issues (choose only one)?	Never	Infrequently	Frequently	All the Time	Score
Are you feeling nervous, worried, or afraid about business, the people you love, your job, school, or other matters?	0	1	2	3	
Does it feel like your thoughts, anxiety, or fear is out of control or taking over the way you feel?	0	1	2	3	
Do you feel all worked up or edgy?	0	1	2	3	
Do you have trouble relaxing?	0	1	2	3	
Do you get tired easily?	0	1	2	3	
Do you have difficulty focusing or do you often forget what you're doing?	0	1	2	3	
Do you get irritated or annoyed easily?	0	1	2	3	
Do you have muscle aches or tightness?	0	1	2	3	
Do you have headaches?	0	1	2	3	
Do you have nausea?	0	1	2	3	
Do you feel breathless or hyperventilate?	0	1	2	3	
Feeling shaky or you have a loss of balance, like you're going to fall over, lightheaded, or dizzy?	0	1	2	3	
Do you suddenly sweat, become flushed, or have hot flashes, and it is not caused by a medical condition (such as menopause)?	0	1	2	3	
Do you have trouble getting to sleep, sleeping throughout the night, or wake and have the whole night?	0	1	2	3	
Is the anxiety interfering in your life to the point where you get into arguments, interfere in your professional and/or personal relationships, causing you to miss work, deadlines, important events, or anything else?	0	1	2	3	
Your Score					
Your results will show here.					