

ANXIETY SELF-ASSESSMENT

According to the Anxiety Disorders Association of America, anxiety disorders are the most common psychiatric illnesses affecting children and adults. An estimated 40 million American adults suffer from anxiety disorders. Only approx. one-third of those suffering from an anxiety disorder receive treatment, even though they are highly treatable.

Everyone experiences anxiety at some point in their life, usually during a stressful time, such as beginning a new job or during an important meeting at work. However, if your feelings of anxiety are causing you significant distress, you may have an anxiety disorder. Without treatment, these feelings of distress and fear can lead to problems at work, at home, as well as in social situations.

Please read each statement carefully. Answer "Yes" if the statement applies to you and "No" if it does not.

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|---|-----|----|
| 1. I am often preoccupied with worrisome thoughts | YES | NO |
| 2. I feel more nervous or anxious than usual. | YES | NO |
| 3. I get upset easily or feel panicky. | YES | NO |
| 4. I feel like I'm falling apart and going to pieces. | YES | NO |
| 5. My arms and legs shake and tremble. | YES | NO |
| 6. I can feel my heart beating fast. | YES | NO |
| 7. I have fainting spells or feel like I may faint | YES | NO |
| 8. My face gets hot and blushes. | YES | NO |
| 9. I have nightmares. | YES | NO |
| 10. I have difficulty breathing or feel like I'm choking. | YES | NO |

Give each "Yes" 1 point (each "No" gets 0 points).

TOTAL SCORE: _____

SCORE:

- 0-2 *You may have occasional feelings of anxiety, but for the most part it isn't a concern. If you begin to experience symptoms of anxiety on a frequent basis, contact Workplace Solutions for assistance.*
- 3-5 *Your symptoms of anxiety can either denote a tendency towards an anxious personality type or it can be signs of a more serious problem. Contact Workplace Solutions and a counselor can assess your symptoms and help you discover new coping mechanisms for your anxious feelings.*
- 6-10 *You could be experiencing symptoms of an anxiety disorder. Anxiety is very common; it is also very treatable. Psychotherapy, medication and basic life style changes have been proven effective in treatment. Call Workplace Solutions for assistance.*

HELPFUL LINKS:

- Anxiety Disorders Association of America
<http://www.adaa.org>
- National Institute of Mental Health
<http://www.nimh.nih.gov>
- Freedom From Fear:
<http://www.freedomfromfear.org/genanxiety.asp>

RECOMMENDED READING:

- **Anxiety and Phobia Workbook** by Edmund Bourne (2005, 4th edition)
- **Panic Attacks Workbook: A Guided Program for Beating the Panic Trick** by David Carbonell (2004)