

Anxiety Self-Assessment

“An estimated 19 million adult Americans suffer from anxiety disorders. Anxiety disorders are highly treatable, yet only about one-third of those suffering from an anxiety disorder receive treatment”

Brief overview of Anxiety Disorders by the Anxiety Disorders Association of America

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 you feel anxious for no apparent reason, 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.

Read each of the statements below carefully. Answer YES if the statement applies to you.

- | | | |
|--------------------------------------------------------------------|------------|-----------|
| 1. I feel more nervous or anxious than usual. | Yes | No |
| 2. I get upset easily or feel panicky. | Yes | No |
| 3. I feel like I'm falling apart and going to pieces. | Yes | No |
| 4. My arms and legs shake and tremble. | Yes | No |
| 5. I can feel my heart beating fast. | Yes | No |
| 6. I have fainting spells or feel like I may faint. | Yes | No |
| 7. I get feelings of numbness and tingling in my fingers and toes. | 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 |

Scoring your self assessment

Total Score _____

Yes = 1
No = 0

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 daily basis, contact your EAP for assistance.
- 3-5 Your symptoms of anxiety may either represent a tendency towards an anxious personality type or it can be signs of a more serious problem. Contact your EAP and a counselor can assess your symptoms and help you discover new coping mechanisms for your anxiety.
- 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 your EAP for assistance.

Helpful Links:

[Anxiety Disorders Association of America](#)

[National Institute of Mental Health](#)

[Freedom From Fear](#)

Recommended Reading:

Handly, Robert; & Neff, Pauline. (1987) [Anxiety & Panic Attacks : Their Cause and Cure.](#) Fawcett.

Breton, Sue. (1986) [Don't Panic: A Guide to Overcoming Panic Attacks.](#)

Bourne, Edmund. (2005, 4th edition) [The Anxiety and Phobia Workbook.](#) New Harbinger Publications

**For Confidential Assistance
800-327-5071
Or contact us online**