

Anxiety Questionnaire

Are you wondering if you're experiencing symptoms of anxiety? Find out below.



Overview & Instructions

Roughly 40 million Americans are affected by anxiety every year, and more than 60% of those individuals never receive treatment, making anxiety the most prevalent mental health concern in America.

We're here to help, and we've provided you with the following questionnaire you can use to gain insights into your own symptoms of anxiety.

To take the questionnaire and obtain your results:

- Answer each question by circling the number that corresponds with the frequency of your symptoms.
- Once you've answered all the questions, add up the numbers you circled to obtain your total score.
- Use the scoring interpretation sheet on the following page to obtain insights into the severity of your symptoms and learn about actions you can take to help alleviate those symptoms.

Start The Questionnaire

Over the **last 2 weeks** how often have you been bothered by any of the following problems?
(Circle each answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Add up your circled answers for all questions to obtain your total score.

Total Score: _____

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Scoring Interpretation Sheet



Scoring Interpretation

Use the chart below to assess your score with its associated anxiety severity and learn proposed actions to help with your symptoms.

Score	Anxiety Severity	Proposed Action
0 - 4	None to Minimal Anxiety	<p>You are doing well managing anxiety.</p> <p>Continue doing things that keep you feeling at ease and healthy in your life.</p>
5 - 9	Mild Anxiety	<p>You often do well with managing anxiety, though at times it can get the best of you.</p> <p>What are some of the activities you can do to help you feel more at ease and healthy in your life? Write a list, then schedule time each day to do some of the things you know work for you.</p>
10 - 14	Moderate Anxiety	<p>You frequently experience anxiety that may be impacting your well-being.</p> <p>What are some of the activities you can do to help you feel more at ease and healthy in your life? Write a list, then schedule time each day to do some of the things you know work for you.</p> <p>It is recommended that you schedule an appointment with your primary care provider and/or mental health provider to discuss your experience of anxiety and find solutions. There is relief available.</p>
15 - 21	Severe Anxiety	<p>You experience a lot of anxiety and it is impacting your well-being.</p> <p>What are some of the activities you can do to help you feel more at ease and healthy in your life? Write a list, then schedule time each day to do some of the things you know work for you.</p> <p>It is strongly recommended that you schedule an appointment with your primary care provider and/or mental health provider to discuss your experience of anxiety and find solutions. There is relief available.</p>

For VEST Members: If you would like to decompress, receive support, or have help finding a mental health provider that fits your specific needs; the VEST Care Center is here for you, anytime day or night, call/text us using the VEST app.

Disclaimer: This questionnaire is for self-inquiry and is not a diagnostic tool nor a replacement for professional assessment and treatment.

Questionnaire developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.