

Anxiety Self Assessment

Instructions: Please answer the following questions regarding your anxiety. Then, click on the submit button below the questionnaire to see your AllCare anxiety score.

1) I worry about things often.

Never Seldom Sometimes Often Very often

2) I am not able to relax.

Never Seldom Sometimes Often Very often

3) I avoid certain things, situations, animals, or closed-in spaces because they make me afraid.

Never Seldom Sometimes Often Very often

4) My heart starts pounding heavily out of the blue.

Never Seldom Sometimes Often Very often

5) My mood changes a lot with changes in my environment.

Never Seldom Sometimes Often Very often

6) I feel afraid even when there is no reason to feel afraid.

Never Seldom Sometimes Often Very often

7) Sometimes I feel disconnected from my surroundings.

Never Seldom Sometimes Often Very often

8) I get pains even when I have no injuries or illness.

Never Seldom Sometimes Often Very often

9) I sweat and am uncomfortable when people look at me.

Never Seldom Sometimes Often Very often

10) I would rather stay home than go to school or work because I want to avoid being called on.

Never Seldom Sometimes Often Very often

11) I have bad dreams.

Never Seldom Sometimes Often Very often

12) I have hot flashes and/or chills for no reason.

Never Seldom Sometimes Often Very often

13) I am nauseated when there is no medical reason.

Never Seldom Sometimes Often Very often

14) I am afraid I might do something embarrassing.

Never Seldom Sometimes Often Very often

15) I feel scared and have shortness of breath.

Never Seldom Sometimes Often Very often

16) I have increased sensitivity to light, touch, and sound.

Never Seldom Sometimes Often Very often

17) I have sudden attacks of diarrhea.

Never Seldom Sometimes Often Very often

18) I am easily fatigued.

Never Seldom Sometimes Often Very often

19) I have trouble sleeping.

Never Seldom Sometimes Often Very often

20) I wake up in the middle of the night and have trouble falling back asleep.

Never Seldom Sometimes Often Very often

21) I suddenly become depressed for no apparent reason.

Never Seldom Sometimes Often Very often