



Anxiety Symptom Checklist

0 -- Not at all 1 -- A little 2 -- Sometimes 3 -- Often 4 -- Always

0 1 2 3 4 A. Excessive anxiety and worry, occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).

0 1 2 3 4 B. Difficulty controlling the worry.

0 1 2 3 4 C. The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms present for more days than not for the past 6 months). Note: Only one item is required in children.

0 1 2 3 4 (1) restlessness or feeling keyed up or on edge

0 1 2 3 4 (2) being easily fatigued

0 1 2 3 4 (3) difficulty concentrating or mind going blank

0 1 2 3 4 (4) irritability

0 1 2 3 4 (4) muscle tension

0 1 2 3 4 (5) sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep)