

IDAN SHARON, M.D.

PATIENT: _____

DATE: _____

Anxiety Checklist

By Larry Axmaker, EdD, PhD --- Anxiety is the most common of all mood disorders, affecting more than 19 million Americans and countless millions worldwide. In most cases, diagnosis and treatment can make anxiety manageable. Anxiety and anxious feelings can take many forms. This checklist includes many of the feelings common to those suffering from anxiety and anxiety disorders.

This is a checklist, and not a diagnostic tool. Only a medical or mental health professional can make an accurate diagnosis and determine the best course of action.

Check all statements below that describe how you regularly feel.

- Do you usually feel nervous or jittery?**
- Do you feel that you worry too much about too many things?**
- Are you unable to relax?**
- Do you experience shortness of breath and palpitations while at rest?**
- Are you easily startled and jumpy?**
- Do you sometimes fear going crazy or losing control?**
- Do you feel fearful in most social situations?**
- Are your hands often cold and clammy?**
- Do you have specific fears of certain objects such as spiders or elevators?**
- Are you easily distracted?**
- Are you often impatient and irritable?**

- Do you often feel trapped or confined?**
- Do you have insomnia?**
- Do you suffer from diarrhea and upset stomach regularly?**
- Do you often feel like something bad will happen?**
- Do you fear leaving home or other places you consider safe?**
- Do you have thoughts or images in your head that won't go away?**
- Do you sometimes have tingling feelings in your hands or feet.**
- Do you have difficulty focusing or concentrating?**
- Do you often repeat behaviors over and over such as checking door locks, shut offs on the stove, or setting alarms?**
- Do you often relive experiences that were traumatic in your past such as an assault or serious accident?**

If you checked one, some, or many of these questions, you may have anxiety problems. In many cases a doctor or mental health professional can help you diagnose, treat, and manage anxiety problems. If you feel anxious, but don't have any of the feelings or behaviors listed above, see your doctor or a mental health professional for assistance and clarification.