

# MEASURING YOUR ANXIETY

To help your doctor better understand your experience, simply fill out one of the following checklists every week for the next month. Then bring them to your next appointment.

## Anxiety checklist:

Think about how you have been feeling over the past 7 days. How much would you say you have:

1. Worried excessively and been anxious about several things?
  - Not at all
  - A little
  - Moderately
  - Markedly
  - Extremely
2. Had difficulty controlling the worries and how much have they interfered with your ability to focus on what you are doing?
  - Not at all
  - A little
  - Moderately
  - Markedly
  - Extremely
3. Felt restless, keyed up or on edge?
  - Not at all
  - A little
  - Moderately
  - Markedly
  - Extremely
4. Felt tense?
  - Not at all
  - A little
  - Moderately
  - Markedly
  - Extremely
5. Felt tired, weak, exhausted easily?
  - Not at all
  - A little
  - Moderately
  - Markedly
  - Extremely
6. Had difficulty concentrating or found your mind going blank?
  - Not at all
  - A little
  - Moderately
  - Markedly
  - Extremely
7. Felt irritable?
  - Not at all
  - A little
  - Moderately
  - Markedly
  - Extremely
8. Had difficulty sleeping (difficulty falling asleep, waking up in the middle of the night, early morning waking, sleeping excessively)?
  - Not at all
  - A little
  - Moderately
  - Markedly
  - Extremely

