ANXIETY ASSESSMENT

Instructions: To discover the role anxiety plays in your life, complete the following anxiety self assessment quiz. Check the box next to the question to indicate a "Yes" answer.

THOUGHTS AND BEHAVIORS
Do you often...

☐ Find yourself thinking about bad things that might happen in the future?

☐ Have a powerful, ongoing fear of social situations involving people you don’t know well?

☐ Feel overwhelmed or “stressed out”?

☐ Have unrealistically high expectations of yourself?

☐ Feel unable to control your anxious feelings?

☐ Generally feel worried. Have you felt this way for six months or more?

☐ Worry about disappointing or not pleasing others?

☐ Feel trapped in, or avoid social situations where it might be difficult to escape if you wanted to, such as in a crowd or on the highway?

☐ Have an ongoing fear of a specific object or situation, such as spiders, flying, heights, etc. for no apparent reason?

☐ Find it difficult to express undesirable emotions such as anger?

☐ Fear going to unfamiliar places or talking to unfamiliar people alone?

☐ Feel afraid or anxious because of a traumatic event in your past that involved actual or threatened harm to yourself or someone you loved [such as abuse, a serious accident, war]?

☐ Avoid the things you’re afraid of?

☐ Experience racing or disturbing thoughts that you’re unable to get out of your mind?

☐ Have habits that you do repeatedly such as checking the clock, checking the door locks, or washing your hands, even though you know it’s not necessary?

☐ Feel that you must be perfect?

☐ Self-medicate by using sugar, caffeine, alcohol, nicotine, or prescription or illegal drugs to help you feel less anxious?

☐ Feel that anxiety interferes with your daily life?

☐ Fear being out of control?
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☐ Find yourself using words such as “can’t,” “should,” and “have to”?  
☐ Push yourself to do more, even when you’re physically and mentally exhausted?

PHYSICAL SYMPTOMS
Do you often...? 
☐ Feel short of breath or have difficulty taking deep breaths?  
☐ Feel fatigued?  
☐ Feel tense?  
☐ Feel that your heart is racing?  
☐ Experience repeated panic attacks that include intense fear and physical symptoms?  
☐ Have difficulty concentrating?  
☐ Feel moody or irritable?  
☐ Feel “spacey” or disconnected from your body?  
☐ Feel numbness or trembling?  
☐ Feel dizzy or lightheaded?  
☐ Experience uncomfortable physical symptoms when you think about or are in a situation that makes you feel anxious?

Have you noticed...?  
☐ Recent changes in your sleep or eating patterns?  
☐ That you hide your symptoms from others?

If you responded “Yes” to four or more questions and have felt this way for more than a few weeks, you may suffer from an anxiety disorder.  

In this case, you might want to contact the Personal Mental Health Counselor at 740-364-9578 or visit the Office of Student Life, The John L. & Christine Warner Library and Student Center, room 226.