

# Anxiety checklist

**A. Feeling tense or anxious?**

**B. Worrying a lot about things?**

If YES to any of the above, continue below

1. Symptoms of arousal and anxiety?

2. Experienced intense or sudden fear unexpectedly or for no apparent reason?

- Fear of dying
- Fear of losing control
- Pounding heart
- Sweating
- Trembling or shaking
- Chest pains or difficulty breathing
- Feeling dizzy, lightheaded or faint
- Numbness or tingling sensations
- Feelings of unreality
- Nausea

3. Experiences fear/anxiety in specific situations

- Leaving familiar places
- Travelling alone, eg train, car, plane
- Crowds confined places/public places

4. Experienced fear/anxiety in social situations

- Speaking in front of others
- Social events
- Eating in front of others
- Worry a lot about what others think or self-conscious?

## Summing up

Positive to A, B and 1, recurring regularly, negative to 2, 3 and 4: Indication of **generalized anxiety**

Positive to 1 and 2: indication of **panic disorder**

Positive to 2 and 3: indication of **agoraphobia**

Positive to 3 and 4: indication of **social phobia**