

## Anxiety Test

Millions of people suffer from anxiety. Symptoms range from mild to crippling and disabling. People no longer have to live with misery, fear and humiliation that result from anxiety. The following test will help you determine if you suffer from an anxiety problem. Check all that apply.

In the past 6 months, have you been bothered by:

- Nervousness, restlessness
- More anxiety than most people would feel toward certain situations
- Inability to relax
- Unexpected anxiety with no identifiable cause
- Feeling of panic
- Worry, preoccupation
- Afraid, fearful
- Feelings of doom
- Shaky inside/out
- Fear you are losing control
- Avoiding situations because they frighten you
- Feeling surroundings are strange/ unreal
- Difficulty falling asleep, waking in the middle of the night, restless sleep

Any of the following with no diagnosable, medical cause (check all that apply)

- Headaches
- Tired, weak or exhausted
- Rubbery or "jelly" legs
- Racing, skipping of the heart
- Hyperventilating (over breathing)
- Tense muscles; tremors of hands/ legs
- Light headedness or dizzy spells
- Unsteady, feeling off balance
- Nausea or stomach problems
- Episodes of diarrhea
- Excessive sweating

**Any checked answers may indicate anxiety. Four or more checked suggest you may be suffering from an anxiety disorder. To learn more about anxiety or for consultation regarding anxiety disorders, call RESPOND at (423) 499-2300 or 1-800-542-9600.**