

INDICATION		
Assesses severity of anxiety		
INTERPRETATION		
SCORE	ANXIETY SEVERITY	
≤17	Mild	
18-24	Mild to Moderate	
25-30	Moderate to Severe	
>30	Severe	
CALCULATION		
Total score = sum of scores for each question		
QUESTION		POINTS
Anxious mood: Worries, anticipation of the worst, fearful anticipation, irritability	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Tension: Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Fears: Of dark, of strangers, of being left alone, of animals, of traffic, of crowds	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Insomnia: Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Intellectual: Difficulty in concentration, poor memory	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Depressed mood: Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Somatic (muscular): Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Somatic (sensory): Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Cardiovascular symptoms: Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Respiratory symptoms: Pressure or constriction in chest, choking feelings, sighing, dyspnea	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Gastrointestinal symptoms: Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Genitourinary symptoms: Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation,loss of libido, impotence	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Autonomic symptoms: Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4
Behavior at interview: Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc	Not present	+0
	Mild	+1
	Moderate	+2
	Severe	+3
	Very Severe	+4