

## 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	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Tension: Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Fears: Of dark, of strangers, of being left alone, of animals, of traffic, of crowds	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Insomnia: Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Intellectual: Difficulty in concentration, poor memory	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Depressed mood: Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Somatic (muscular): Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Somatic (sensory): Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Cardiovascular symptoms: Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, sighing, dyspnea	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Respiratory symptoms: Pressure or constriction in chest, choking feelings, sighing, dyspnea	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Gastrointestinal symptoms: Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Genitourinary symptoms: Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Autonomic symptoms: Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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Behavior at interview: Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Not present</td><td style="width: 15%;">+0</td></tr> <tr> <td>Mild</td><td>+1</td></tr> <tr> <td>Moderate</td><td>+2</td></tr> <tr> <td>Severe</td><td>+3</td></tr> <tr> <td>Very Severe</td><td>+4</td></tr> </table>	Not present	+0	Mild	+1	Moderate	+2	Severe	+3	Very Severe	+4
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