**Anxiety test analysis**

1-**Feeling nervous, anxious, or on edge (3)**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

2-**Not being able to stop or control worrying(3)**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

3-**Worrying too much about different things(3)**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

4-**Trouble relaxing(3)**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

5-**Being so restless that it's hard to sit still(3)**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

6-**Becoming easily annoyed or irritable(3)**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

7-**Feeling afraid as if something awful might happen(3)**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

**Anxiety test results**

النتيجه الاولى :

0 – 4

Your Anxiety score is : score

Level : Normal

Instructions : Your psychological state in terms of Anxiety is very good and there is no need to be afraid, all you have to do is relax and take a rest.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.

النتيجه الثانيه :

5 – 9

Your Anxiety score is : score

Level : Mild

Instructions : Your result of your test in terms of anxiety is good, and not in a dangerous situation, you can just get comfortable and get away from any source of pressure around you so that you can lead a normal life.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.

النتيجه الثالثه :

10 – 14

Your Anxiety score is : score

Level : Moderate

Instructions : The result of your psychological test in terms of anxiety is considered moderate, not dangerous, but it must be treated before it increases. We advise you to refer to a psychotherapist who specializes in anxiety disorders, and you should take a sufficient amount of rest and stay away from everything that causes you inconvenience as soon as possible.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.

النتيجه الرابعه :

15 – 21

Your Anxiety score is : score

Level : Severe

Instructions : The result of your psychological test in terms of anxiety is considered severe, you should see a psychotherapist specializing in anxiety disorders as soon as possible, and you must take a sufficient amount of rest and stay away from everything that causes you inconvenience while continuing the psychological sessions to get psychological comfort away from anxiety.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.