**Anxiety Scale: daily questions**

**Note:** these are daily questions for ease of answering and remembering, but should be combined into a weekly score for score accuracy. Daily responses to Q1 will be added and the sum added to weekly score, while the average of responses to Q2 through Q5 will be added to the weekly score.

Q1: Today, did you feel anxious?

0 = no

1 = yes

Q2: Today, if/when you were anxious, how intense was the anxiety?

0 = Little or None: Anxiety was absent or barely noticeable

1 = Mild: Anxiety was at a low level. It was possible to relax when I tried. Physical symptoms were only slightly uncomfortable.

2 = Moderate: Anxiety was distressing at times. It was hard to relax or concentrate, but I could do it if I tried. Physical symptoms were uncomfortable.

3 = Severe: Anxiety was intense much of the time. It was very difficult to relax or focus on anything else. Physical symptoms were uncomfortable

4 = Extreme: Anxiety was overwhelming. It was impossible to relax at all. Physical symptoms were unbearable.

Q3: Today, did you avoid situations, places, objects, or activities because of anxiety or fear?

0 = I did not avoid places, situations, activities, or things because of fear.

1 = I avoided something, but will usually face the situation or confront the object. My lifestyle is

not affected.

2 = I had some fear of certain situations, places, or objects, but it is still manageable. My lifestyle has only

changed in minor ways. I always or almost always avoid the things I fear when I’m alone, but can handle them if someone comes with me.

3 = I had considerable fear and really tried to avoid the things that frighten me. I have made significant changes in my lifestyle to avoid the object, situation, activity, or place.

4 = Avoiding objects, situations, activities, or places has taken over my life. My lifestyle has been extensively

affected and I no longer do things that I used to enjoy.

Q4: Today, how much did your anxiety interfere with your ability to do the things you needed to do work, at school, or at home?

0 = None: No interference at work/home/school from anxiety.

1 = Mild: My anxiety has caused some interference at work/home/school. Things are more difficult, but everything that needs to be done is still getting done.

2 = Moderate: My anxiety definitely interferes with tasks. Most things are still getting done, but few things are being done as well as in the past.

3 = Severe: My anxiety has really changed by ability to get things done. Some tasks are still being done, but many things are not. My performance has definitely suffered.

4 = Extreme: My anxiety has become incapacitating. I am unable to complete tasks and have had to leave school, have quit or been fired from my job, or have been unable to complete tasks at home and have faced consequences like bill collectors, eviction, etc.

Q5: Today, how much has anxiety interfered with your social life and relationships?

0 = None: My anxiety doesn’t affect my relationships.

1 = Mild: My anxiety slightly interferes with my relationships. Some of my friendships and other relationships have suffered, but, overall, my social life is still fulfilling.

2 = Moderate: I have experienced some interference with my social life, but I still have a few close relationships. I don’t spend as much time with others as in the past, but I still socialize sometimes.

3 = Severe: My friendships and other relationships have suffered a lot because of anxiety. I do not enjoy social activities. I socialize very little.

4 = Extreme: My anxiety has completely disrupted my social activities. All of my relationships have suffered or ended. My family life is extremely strained