

Beck Anxiety Self Rating Scale

Your name: _____

Date: _____

For each item, 1 through 21, check the severity, 0, 1, 2, or 3, which best describes your experience today or in recent weeks

1. Numbness and tingling

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

2. Feeling hot

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

3. Wobbliness in legs

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

4. Unable to relax

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

5. Fear of the worst happening

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

6. Dizzy or lightheaded

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

7. Heart pounding or racing

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

8. Unsteady

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

9. Terrified

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

10. Nervous

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

11. Feelings of choking

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

12. Hands Trembling

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

13. Shaky

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

14. Fear of losing control

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

15. Difficulty breathing

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

16. Fear of dying

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

17. Scared

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

18. Indigestion or discomfort in abdomen

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

19. Faint

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

20. Face flushed

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

21. Sweating (not due to heat)

- ☐0 Not at all
- ☐1 Mildly – It did not bother me much
- ☐2 Moderately – It was very unpleasant but I could stand it
- ☐3 Severely – I could barely stand it

Scoring Instructions:

0 – 7 MINIMAL level of anxiety symptoms reported

0 – 15 MILD level of anxiety symptoms reported

16 – 25 MODERATE level of anxiety symptoms reported

26 – 63 SEVERE level of anxiety symptoms reported

A high score does not necessarily indicate that a person has an anxiety disorder, but indicates that a more detailed and individualized evaluation should be performed.