# Anxiety Disorder Screening Questionnaire and Scoring Tool

This instrument is designed to screen for common anxiety symptoms across three domains: Social Anxiety, Panic, and Generalized Anxiety. For each symptom question, the client selects the option that best represents the frequency or intensity of the symptom. The tool also includes brief contextual questions on duration and functional impairment.

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## Instructions for Administration

1. **For the Symptom Questions (Items 1–10):**
   Ask the client to choose the response that best fits their recent experience (e.g., the past several months) using the following scale:

   - **0 = Never**

   - **1 = Rarely**

   - **2 = Sometimes**

   - **3 = Often**

2. **For the Contextual Questions (Items 11–13):**
   Ask the client to respond "Yes" (score 1) or "No" (score 0) regarding the duration of symptoms and their impact on daily functioning.

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## Questionnaire

### A. Social Anxiety Domain

1. **Fear of Scrutiny:**
   "When in social situations (e.g., meeting new people or conversing in groups), how often do you feel intense fear that you will be negatively judged or scrutinized by others?"

- ○ 0. Never

    3. Rarely

    4. Sometimes

    5. Often

2. **Avoidance of Social Situations:**
    "How often do you avoid social interactions or public events because you fear acting in a way that could be embarrassing?"

    - ○ 0. Never

        3. Rarely

        4. Sometimes

        5. Often

3. **Discomfort with Being Observed:**
    "How often do you experience significant anxiety when you are being observed (for example, while eating in public or during a performance)?"

    - ○ 0. Never

        3. Rarely

        4. Sometimes

        5. Often

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## B. Panic Domain

4. **Sudden Intense Fear:**
    "How often have you experienced sudden episodes of intense fear or discomfort (panic attacks) with physical symptoms such as a racing heart, sweating, trembling, or shortness of breath?"

    - ○ 0. Never

3. Rarely

4. Sometimes

5. Often

5. **After-Attack Worry:**
"After experiencing such an episode, how often do you worry about having another panic attack or change your behavior to avoid triggers?"

   - 0. Never

      3. Rarely

      4. Sometimes

      5. Often

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# C. Generalized Anxiety Domain

6. **Excessive Worry:**
"How often do you find yourself feeling excessive worry or anxiety about several aspects of your life (e.g., work, relationships, health) that is difficult to control?"

   - 0. Never

      3. Rarely

      4. Sometimes

      5. Often

7. **Difficulty Controlling the Worry:**
"How often do you feel that your worry is uncontrollable or that you can't stop it, even when you try?"

   - 0. Never

      3. Rarely

4. Sometimes

5. Often

8. **Physical Symptoms of Anxiety:**
   "How often do you experience physical symptoms that you associate with worry (for example, restlessness, muscle tension, irritability, or sleep disturbances)?"

   - 0. Never

     3. Rarely

     4. Sometimes

     5. Often

9. **Difficulty Concentrating:**
   "How often do you have difficulty concentrating or finding that your mind goes blank because of your anxiety or worry?"

   - 0. Never

     3. Rarely

     4. Sometimes

     5. Often

10. **Fatigue or Feeling On Edge:**
    "How often do you feel fatigued or constantly on edge because of persistent anxiety?"

    - 0. Never

      3. Rarely

      4. Sometimes

      5. Often

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# D. Contextual and Impact Questions

11. **Duration of Symptoms:**
"Have these symptoms been present for 6 months or more?"

    ○ 0. No

       1. Yes

12. **Pervasiveness Across Situations:**
"Do these symptoms appear across different settings (for example, both at home and work, or in social and solitary environments)?"

    ○ 0. No

       1. Yes

13. **Impact on Daily Functioning:**
"Do these symptoms cause significant distress or impair your social, occupational, or daily life functioning?"

    ○ 0. No

       1. Yes

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# Scoring Methodology

## 1. Symptom Items (Questions 1–10)

- **Rating Scale:**
  Each symptom question is scored from 0 (Never) to 3 (Often).

- **Domain Thresholds:**
  You can examine each domain separately to help classify a specific anxiety presentation:

  **Social Anxiety Domain (Questions 1–3):**

    ○ *Threshold for screening:*

       ■ A positive screen may be indicated if **at least 2 of the 3 questions** are scored as "Sometimes" (2) or "Often" (3).

- **Panic Domain (Questions 4–5):**

  - *Threshold for screening:*

    - A positive screen may be indicated if **at least 1 question** is scored as "Often" (3) or if both questions receive at least a rating of "Sometimes" (2).

    - (Note: Occasional panic attacks may be normal; however, recurrent and distressing episodes warrant further investigation.)

- **Generalized Anxiety Domain (Questions 6–10):**

  - *Threshold for screening:*

    - A positive screen may be indicated if **at least 3 of the 5 questions** are rated as "Sometimes" (2) or "Often" (3).

## 2. Contextual Items (Questions 11–13)

- **Interpretation:**

  - **Duration (Question 11):** A "Yes" (score = 1) confirms that the symptoms have persisted for the required period (typically 6 months).

  - **Pervasiveness (Question 12):** A "Yes" (score = 1) indicates that symptoms occur in multiple settings.

  - **Functional Impact (Question 13):** A "Yes" (score = 1) demonstrates that symptoms significantly impair daily functioning.

## 3. Overall Interpretation

- **Screening Criteria for an Anxiety Disorder:**
  A client may screen positive for an anxiety disorder if they meet the following:

  - **Symptom Threshold:**

    - In **at least one domain**, the client's responses meet or exceed the threshold (for example, at least 2 social anxiety items; at least one significant panic symptom; at least 3 generalized anxiety symptoms rated

as 2 or 3).

   - ○ **Contextual Confirmation:**

      - ■ They answer "Yes" to the duration (Q11), pervasiveness (Q12), and impact (Q13) questions.

- **Interpretive Example:**
  If a client scores "Often" or "Sometimes" on 2 of the 3 Social Anxiety questions, as well as "Sometimes" on 3 of the 5 Generalized Anxiety questions, and also affirms that these symptoms have persisted for 6 months, occur in multiple settings, and interfere with their functioning, the screening suggests that the client may be experiencing an anxiety disorder. This result should prompt a more comprehensive clinical assessment to clarify which type(s) of anxiety disorder(s) may be present (e.g., Social Anxiety Disorder, Panic Disorder, or Generalized Anxiety Disorder).

# 1. Rate Each Symptom (Items 1–10)

- **Scale:**

   - ○ 0 = Never

   - ○ 1 = Rarely

   - ○ 2 = Sometimes

   - ○ 3 = Often

**"Clinically significant"** = any response ≥ 2 (Sometimes/Often)

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# 2. Domain-Specific Thresholds

| Domain | Items | Screening Rule |
|--------|-------|----------------|

| **Social Anxiety** | 1–3 | Positive if **≥ 2** of the 3 items are scored ≥ 2. |

| **Panic** | 4–5 | Positive if **either** |

1. **At least one** item = 3 (Often), **or**

2. **Both** items ≥ 2 (Sometimes). |
   | **Generalized Anxiety** | 6–10 | Positive if **≥ 3** of the 5 items are scored ≥ 2. |

3. **Tally** each domain's "clinically significant" responses.

4. **Compare** to the rule above.

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# 3. Check Contextual Criteria (Items 11–13)

- Each "Yes" = 1 point; "No" = 0 points.

    1. **Duration ≥ 6 months?**

    2. **Present in multiple settings?**

    3. **Impairment in daily functioning?**

- **Requirement:** All three must be "Yes" (total = 3) to confirm persistence, pervasiveness, and impact.

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# 4. Determine Screening Outcome

- **Positive Screen for an Anxiety Disorder**

    ○ **At least one** domain meets its threshold

    ○ **AND** contextual total = 3

- **To Flag Specific Presentations**

  - **Social Anxiety Disorder:** Social Anxiety positive + contextual total = 3

  - **Panic Disorder:** Panic positive + contextual total = 3

  - **Generalized Anxiety Disorder:** GAD positive + contextual total = 3

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# 5. Quick-Reference Flow

1. **Score Items 1–10** (0–3 each).

2. **Count** responses ≥ 2 in each domain.

3. **Apply** domain rules (see table).

4. **Sum** Items 11–13 ("Yes"=1): needs 3.

5. **Interpret:**

   - If (any domain positive) + (context = 3) → **Screen Positive**

   - Use which domain(s) were positive to guide next steps.