

IMPORTANT NOTE: This self evaluation questionnaire is not a scientifically designed and tested instrument. It was designed based on literature resources that indicate the "symptoms" of anxiety and therefore it only serves as a *possible indication* of high-stress or anxiety. Confirmation for the incidence of anxiety can only be confirmed by means of a standardised measuring instrument and/or during an in-depth interview or consultation or both. It can therefore not be used as a definitive measure

SIMPLIFIED SELF-EVALUATION ANXIETY CHEAT SHEET

To complete the Cheat Sheet, assign a value to each of the symptoms in the relevant column.

This rating should indicate the frequency of the experience. Use only a single rating for each symptom.

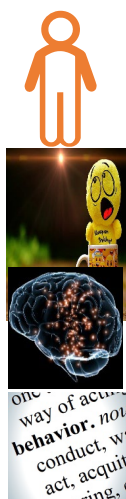
EXAMPLE: Never = 1, Rarely = 2, sometimes = 3, often = 4, always = 5.

Step 1: Transfer your score for every symptom to the TOTAL column

Step 2: ADD all the scores in the total column to arrive at a consolidated score

Step 3: Interpret your score according to the values below the table

CATEGORY	"SYMPTOMS"	SELF EVALUATION					
		Never	Rarely	Sometimes	Often	Always	TOTAL
Physical	Rapid heartbeat						
	Shortness of breath						
	Sweating						
	Trembling or shaking						
	Headaches						
Emotional	Nervousness, restlessness						
	Feelings of impending doom						
	Panic attacks						
	Irritability						
Cognitive	Difficulty concentrating						
	Racing thoughts						
	Indecisiveness						
	Negative thinking						
Behavioral	Avoidance of triggers						
	Compulsive behaviors						
	Social withdrawal						
	Disrupted sleep patterns						



Mild Anxiety: Total score of 1-10

Moderate Anxiety: Total score of 11-20

Severe Anxiety: Total score of 21-30

Very Severe Anxiety: Total score of 31-40