



# Anxiety Self-Rating Scale

## Instructions:

This scale is designed for your personal use. There are no right or wrong answers. Usually your first response is the best.

For each item decide if it

- SOMETIMES applies to you (mark 1)
- HALF THE TIME applies to you (mark 2)
- FREQUENTLY applies to you (mark 3)
- ALWAYS applies to you (mark 4)
- If NEVER applies, you don't need to add a score

Statements	4	3	2	1
I feel tense, nervous, restless, or agitated				
I feel afraid for no apparent reason				
I worry about bad things that might happen to me or those I care about				
I have difficulty falling asleep, staying asleep or waking up early				
I have difficulty eating too much, too little or digesting my food				
I wish I knew a way to make myself more relaxed				
I have difficulty with my concentration, memory or thinking				
I would say I am anxious much of the time				
From time to time I have experienced a racing heartbeat, cold hands or feet, dry mouth, sweating, tight muscles, difficulty breathing, numbness, frequent urination, or hot/cold flashes				
I wish I could be as relaxed with myself as others seem to be				

**SCORING:** Total the number of points in each of the columns. Add all columns together to get your **TOTAL SCORE**

- MINIMAL ANXIETY – 0 to 8 point
- MILD ANXIETY – 8 to 16 points
- MODERATE ANXIETY – 17 to 24 points
- HIGH ANXIETY (Warning Level) – 25 to 32 points
- EXTREME ANXIETY (Warning Level) – 33 to 40 points

Please note that this is a self-assessment tool and should not be construed as medical advice. If you suspect you have anxiety, please reach out to your doctor.