

HOW ANXIOUS ARE YOU?

The following is a set of statements describing the kinds of feelings one has when one is suffering from anxiety. Read each of the statements and then answer **yes** or **no** depending on whether one normally tends to have these feelings or not. Remember that there are no right or wrong answers to each of these statements.

- 1) I feel tensed while traveling in a fast-moving vehicle
- 2) I feel nervous while meeting people of the opposite gender
- 3) While going out I often have doubts whether I have locked the doors, cupboards etc.
- 4) I often worry that other people may be making fun of me
- 5) I sometimes fear that my friends may reveal my secrets to others
- 6) I sometimes chew my nails
- 7) I often fear that some catastrophe or tragedy may befall me
- 8) Even during cold winter months, I tend to sweat very easily
- 9) I often have nightmares
- 10) I sometimes get upset thinking that I may not be able to prosper or make progress in my job or career
- 11) I get upset if someone points out my mistakes in front of others
- 12) At times I feel unhappy without any reason
- 13) I very often feel that I am being neglected
- 14) I often find it very difficult to concentrate on my work
- 15) I often find that my hands are trembling when I am doing something
- 16) I tend to worry much more than other people
- 17) I often feel like crying
- 18) I am sometimes unable to go to sleep because of worry
- 19) I face a lot of problems if I have to meet people who are older to me – example, officers, teachers, etc.
- 20) I become breathless when I have to work very fast
- 21) I do my work under considerable mental tension

- 22) I sometimes dream that I have become seriously ill
- 23) I feel hurt very easily
- 24) I find it extremely difficult to take decisions
- 25) I sometimes become so emotional that I am unable to speak clearly
- 26) I generally feel that life is a burden
- 27) I sometimes feel ashamed about petty matters
- 28) I get very nervous if I have to meet any unknown person
- 29) If I see 2 or more people whispering amongst themselves, I feel like they must be talking about me
- 30) I become tensed before a journey
- 31) I feel very tensed if I have to consult a doctor
- 32) I sometimes worry that my friends may double-cross me
- 33) Whenever I start something new, I have doubts whether I will get support from others or not
- 34) I worry a lot about my health
- 35) I normally feel quite alone even in the midst of people
- 36) Whenever I am waiting for a person who has made an appointment with me, I feel s/he will not turn up
- 37) I often feel that I am not able to think clearly
- 38) I am often unable to decide what would be the best course of action for me
- 39) I sometimes feel that I am absolutely useless
- 40) I often feel that both this world and the people in it are useless
- 41) I normally hesitate to start something new because I fear that I will not be successful
- 42) The palms of my hand sweat a lot
- 43) I am often worried about what fate may have in store for me
- 44) I often get tensed about inconsequential matters
- 45) I get nervous when I have to face difficult situations
- 46) I often worry thinking that I may suffer from poor health during my old age
- 47) I sometimes get so tensed that it is difficult for me to go to sleep
- 48) I am hardly able to conceal my feelings
- 49) I sometimes worry that I may kill somebody or cause considerable destruction in my anger

Give a score of 1 for every yes. Add up the score and interpret it as follows:

0-15: Generally, not anxious. One does not have anything to worry about. It is normal that all of us tend to worry sometimes

16-30: Moderate on anxiety but should be careful because one tends to worry about things that are not worth worrying about

31-49: A worrier. One should be careful because one is worrying far too much. As a result, rather than being occupied with one's work, one's mind remained preoccupied with petty matters