

Anxiety & Worry Assessment

Dr Johnny Kenley
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1. I don't feel good about myself.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

2. I am easily irritated or annoyed.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

3. It is hard for me to concentrate and stay focused.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

4. I get headaches.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

FOR GENERAL INFORMATION ONLY & NOT A SUBSTITUTE FOR MEDICAL DIAGNOSIS, CARE OR RECOMMENDATIONS: DO NOT DISCONTINUE MEDICAL ADVICE, TREATMENT OR MEDICATIONS

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5. My body feels stiff and tight.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

6. It takes more than 20 minutes for me to go to sleep.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

7. If someone disagree with me, it bothers me all day.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

8. I have lots of body aches and pain.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

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9. I cannot easily relax.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

10. I don't think I am a success at anything.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

11. I wake up after I fall asleep.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

12. I am indecisive.

- 0 - Never
- 1 - Rarely
- 2 - Occasionally
- 3 - Most of the time
- 4 - All of the time

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