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Anxiety & Depression Questionnaire

NAME: _____ Date: _____

Please rate yourself ('Self') (or list yourself as 'Other' if you are evaluating someone such as your child or spouse,) on each of the symptoms listed below, using the following scale.

0 **1** **2** **3** **4** **NA**
Never Rarely Occasionally Frequently Very Frequently NA (not applicable
or not known

Self _____ Other (other is: _____)

- 1) _____ _____ Frequent feelings of nervousness or anxiety.
- 2) _____ _____ Panic attacks.
- 3) _____ _____ Avoidance of places because of fear of having an anxiety attack.
- 4) _____ _____ Symptoms of heightened muscle tension (e.g. headaches, sore muscles, hand tremors).
- 5) _____ _____ Periods of heart pounding, nausea, or dizziness (not exercise related)
- 6) _____ _____ Tendency to predict the worse.
- 7) _____ _____ Multiple, persistent fears or phobias (such as dying, doing something crazy)
- 8) _____ _____ Excessive, senseless worrying
- 9) _____ _____ Excessive fear or being judged or scrutinized by others.
- 10) _____ _____ Easily startled or tendency to freeze in anxiety provoking or intense situations.
- 11) _____ _____ Seemingly shy, timid, and easily embarrassed.
- 12) _____ _____ Bites fingernails, or picks skin.
- 13) _____ _____ Persistent sad or empty mood.
- 14) _____ _____ Loss of interest in or pleasure from activities that are usually fun.
- 15) _____ _____ Restlessness, irritability, or excessive crying
- 16) _____ _____ Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism
- 17) _____ _____ Sleeping too much or too little, early morning awakening
- 18) _____ _____ Appetite change, (notable weight loss/gain in recent months, overeating more than usual)
- 19) _____ _____ Decreased energy, fatigue, feeling slowed down
- 20) _____ _____ Thoughts of death or suicide, talk of not wanting to live, suicide attempts
- 21) _____ _____ Persistent negativity or chronic low self-esteem
- 22) _____ _____ Persistent physical symptoms that don't respond to treatment (e.g. headache, stomach ache)