

Mind For Life General Anxiety Disorder Questionnaire

Reference No. or Name:

Date:

Referring to the list of General Anxiety Disorder symptoms detailed below, and using the definitions of terms, please provide your answers to the questions listed, and then using the score from each answer add up your total score for the questionnaire, and see consequences of your results.

A list of symptoms of General Anxiety Disorder (GAD)

- Rapid or pounding heart beat
- Chest pain
- Chills or flushes
- Sweating
- Nausea
- Fear of losing control
- Trembling or shaking
- Dizziness
- Breathlessness
- Fear of dying
- Feeling of choking
- Numbness or tingling
- Unrealistic view of problems
- Irritability
- Muscle tension
- Difficulty concentrating
- Tiredness

Use the following KEY to define strength of anxiety.

| | |
|----------|---|
| Mild | I can cope and endure. |
| Moderate | Manage to cope with support and help. |
| Severe | I have to modify my life-style ... difficult to manage my usual activities. |
| Extreme | Disabling ... many activities and tasks not performed. |

Use the following KEY to define time periods.

| | |
|--------------|-----------------------------|
| Seldom | Once a month or less. |
| Sometimes | Two or three times a month. |
| A lot | Two or three times a week. |
| All the time | Every day. |

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Questions on behaviour:

| | | | | | | |
|----|---|-----------------|------------------------|--------------------|--------------------|-------------------|
| 1 | How many times over the last 4 weeks have you experienced one or more of the above symptoms? | Never 0 | Once 1 | Twice 3 | Three or more 5 | Daily 9 |
| 2 | How much do you worry about when your next GAD experience will occur? | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 3 | How often in the last 4 weeks have you avoided places or situations or wanted to avoid them, because you had a fear of having one of the above GAD experiences? | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 4 | I feel tense and wound up. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 5 | I still enjoy the things I use to enjoy. | Definitely 0 | Not quite as much 1 | Only a little 3 | Hardly at all 5 | No 9 |
| 6 | I often get a feeling that something awful is going to happen. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 7 | I can laugh and see the funny side of things. | Definitely 0 | Not quite as much 1 | Only a little 3 | Hardly at all 5 | No 9 |
| 8 | Worrying thoughts go through my mind. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 9 | I feel cheerful. | Definitely 0 | Not quite as much 1 | Only a little 3 | Hardly at all 5 | No 9 |
| 10 | I can sit at ease and feel relaxed. | Definitely 0 | Not quite as much 1 | Only a little 3 | Hardly at all 5 | No 9 |
| 11 | I feel as if I have slowed down. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 12 | I have lost interest in my appearance. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 13 | I feel restless as if I need to be on the move. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 14 | I look forward to things with enjoyment. | Definitely 0 | Not quite as much 1 | Only a little 3 | Hardly at all 5 | No 9 |
| 15 | I can enjoy a good book, radio or TV programme. | Definitely 0 | Not quite as much 1 | Only a little 3 | Hardly at all 5 | No 9 |

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How much would you avoid the situations listed below?

| | | | | | | |
|----|---|------------|-------------|----------------|------------|-------------------|
| 16 | Avoid injections and minor surgery. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 17 | Avoid socialising, eating and drinking with other people. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 18 | Avoid hospitals. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 19 | Avoid travelling alone on a bus, coach or train. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 20 | Avoid shopping alone in a crowded store. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 21 | Avoid talking to people in authority. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 22 | Avoid the sight of blood. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 23 | Avoid being criticised. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 24 | Avoid going on holiday away from home. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 25 | Avoid speaking in public. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 26 | Avoid going to the dentist. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 27 | Avoid going to wide open spaces. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 28 | Avoid preparing yourself a good healthy meal. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 29 | Avoid ringing someone to talk to. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |
| 30 | Avoid questions on your health and well-being. | Never 0 | Seldom 1 | Sometimes 3 | A lot 5 | All the time 9 |

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Your total score:

The interpretation of your total score:

If you scored a 9 in more than 5 questions then you have GAD issues and should seek help immediately.

If you scored a 5 in more than 5 questions then your General Anxiety could be starting to affect your health and you should seek help.

A general view of the total scores:

| Points Scored | Interpretation |
|---------------|---|
| 0 to 30 | Your GAD Score is below average |
| 31 to 60 | Your GAD Score is average however, you should make more effort to participate in life, exercise, travel, meet people, talk and learn to relax and meditate, perhaps seek a new hobby or interest. |
| 61 to 75 | Your GAD Score is above average. You need to make some changes in your thinking ... seek help and learn how to meditate. Your GAD is starting to affect your long term health. |
| 76 to 90 | Your GAD is definitely affecting your health. Seek help. |
| Over 90 | Your GAD has affected your health ... seek help immediately |