

How Anxious Am I ?

1. Do you have spontaneous anxiety attacks that come out of the blue? (Only answer "yes" if you do *not* have any phobias.) Yes____ No____
2. Have you had at least one such attack in the last month? Yes____ No____
3. If you had an anxiety attack in the last month, did you worry about having another one? Or did you worry about the implications of your attack for your physical or mental health? Yes____ No____

If your answers to 1, 2, 3, and 4 were Yes, stop. You've met the conditions for **panic disorder**.

If your answer to 1 was Yes, but your anxiety reaction involved three or fewer of the symptoms listed under 3, you're experiencing what are called *limited symptom attacks*, but do not have full-blown panic disorder.

If you have panic attacks *and* phobias, go on.

4. In your worst experience with anxiety, did you have more than three of the following symptoms?
 - shortness of breath
 - dizziness or unsteady feeling
 - heart palpitations or rapid heartbeat
 - trembling or shaking
 - sweating
 - choking
 - nausea or abdominal distress
 - feelings of being detached or out of touch with your body
 - numbness or tingling sensations
 - flushes or chills
 - chest pain or discomfort
 - fear of dying
 - fear of going crazy or doing something out of control
5. Does fear of having panic attacks cause you to avoid going into certain situations? Yes____ No____

If your answer to 4 was Yes, stop. It is likely that you are dealing with **agoraphobia**. See question 6 to determine the extent of your agoraphobia.

6. Which of the following situations do you avoid because you are afraid of panicking?

- going far away from home
- shopping in a grocery store
- standing in a grocery store line
- going to department stores
- going to shopping malls
- driving on freeways
- driving on surface streets far from home
- driving anywhere by yourself
- using public transportation (buses, trains, etc.)
- going over bridges (whether you're the driver or passenger)
- going through tunnels (as driver or passenger)
- flying in planes
- riding in elevators
- being in high places
- going to a dentist or doctor's office
- sitting in a barber or beautician's chair
- eating in restaurants
- going to work
- being too far from a safe person or safe place
- being alone
- going outside your house
- other _____

The number of situations you checked above indicated the extent of your agoraphobia and the degree to which it limits your activity.

If your answer to 4 was No, but you do have phobias, go on.

7. Do you avoid certain situations *not* primarily because you are afraid of panicking, but because you're afraid of being embarrassed or negatively evaluated by other people? (your embarrassment could subsequently lead you to panic) Yes____
No____

If your answer to 7 was Yes, stop. It is likely that you are dealing with **social phobia**. See question 8 to determine the extent of your social phobia.

8. Which of the following situations do you avoid because of a fear of embarrassing or humiliating yourself?

- sitting in any kind of group (for example, at work, in school classrooms, social organizations, self-help groups)
- giving a talk or presentation before a small group of people
- giving a talk or presentation before a large group of people
- parties and social functions
- using public restrooms
- eating in front of others
- writing or signing your name in the presence of others
- dating
- any situation where you might say something foolish
- other _____

The number of situations you checked indicates the extent to which social phobia limits your activities. If your answers to questions 5 and 7 were No, but you have other phobias, continue.

9. Do you fear and avoid any one (or more than one) of the following?

- insects or animals, such as spiders, bees, snakes, rats, bats or dogs
- heights (high floors in buildings, tops of hills or mountains, high level bridges)
- driving
- tunnels
- bridges
- elevators
- airplanes (flying)
- doctors or dentists
- thunder or lightning
- water
- blood
- injections or medical procedures
- illness such as heart attacks or cancer
- darkness
- other _____

10. Do you have high degrees of anxiety usually *only* when you have to face one of these situations? Yes____ No____

If you checked one or more items in 9 and answered Yes to 10, stop. It's likely that you're dealing with a **specific phobia**. If not, proceed.

11. Do you feel quite anxious much of the time but do *not* have distinct panic attacks, do *not* have phobias, and do *not* have specific obsessions or compulsions? Yes____
No____

12. Have you been prone to excessive worry for at least the last six months? Yes _____
No _____

13. Has your anxiety and worry been associated with at least three of the following six symptoms?

- restlessness or feeling keyed up or on edge
- being easily fatigued
- difficulty concentrating or mind going blank
- irritability
- muscle tension
- sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep)

If your answers to 11, 12 and 13 were Yes, stop. It's likely that you're dealing with **generalized anxiety disorder**. If you answered Yes to 11 but No to 12 or 13, you're dealing with an anxiety condition that is not severe enough to qualify as generalized anxiety disorder.

14. Do you have recurring intrusive thoughts such as hurting or harming a close relative, being contaminated with dirt or a toxic substance, fear you forgot to lock your door or turn off an appliance, or an unpleasant fantasy of catastrophe? (You recognize that these thoughts are irrational but you can't keep them from coming into your mind.) Yes _____ No _____

15. Do you perform ritualistic actions such as washing your hands, checking, or counting, to relieve anxiety over irrational fears that enter your mind? Yes _____
No _____

If you answered Yes to 14, but No to 15, you are probably dealing with **obsessive-compulsive disorder**, but have obsessions only.

If you answered Yes to 14 and 15, you're probably dealing with **obsessive-compulsive disorder**, with both obsessions and compulsions.

If you answered No to 14 and 15 and most or all of the preceding questions, but still have anxiety or anxiety-related symptoms, you may be dealing with **post-traumatic stress disorder** or a nonspecific anxiety condition. Use the section in this chapter on posttraumatic stress disorder to determine whether your symptoms fit this category.