

Generalized Anxiety Disorder Self Screener

Tuesday, 16 October 2007

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Are you troubled by:

Yes No Excessive worrying at least 50% of the time?

Yes No Difficulty controlling your worrying?

Yes No Persistent worrying for at least 6 months?

If the answer to any of the above questions is YES, then continue to answer the questions below.

Have you been bothered by any of the following for at least six months?

Yes No Restlessness, feeling keyed-up or on edge?

Yes No Being easily tired?

Yes No Problems concentrating?

Yes No Irritability?

Yes No Muscle tension?

Yes No Trouble falling asleep or staying asleep, or restless and unsatisfying sleep?

Yes No Anxiety interfering with your daily life?

If you answered "Yes" to at least three of these 6 questions, then it is possible you have Generalized Anxiety Disorder, a treatable medical condition. As only a healthcare professional can diagnose GAD, you may consider talking to your doctor to see if you do, in fact, suffer from this disorder and wish to receive help.

Adapted from:

Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition. Washington, DC: American Psychiatric Association, 1994.