



Managing Anxiety

Self-Assessment:

Generalized Anxiety Disorder-7

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several Days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Interpreting the Score:

Total Score T _____ = _____ + _____ + _____

Total Score	Interpretation
0-5	Mild Anxiety
6-10	Moderate anxiety
11-15	Moderately Severe anxiety
15-21	Severe Anxiety

The assessment is not meant to diagnose anxiety problems, but to indicate whether anxiety might be a challenge for you.

For additional information visit the suggested resources below.

Resources:

<https://www.nlm.nih.gov/health/topics/anxiety-disorders/index.shtml>

<http://www.webmd.com/anxiety-panic/guide/anxiety-disorders#1>

<http://www.depressiontoolkit.org/anxiety/>

“Casting all your care upon Him, for He cares for you.” – 1 Peter 5:7 (NKJV)

