

Anxiety Self-Test

There are different kinds of diagnosable anxiety. Some are Generalized Anxiety Disorder (GAD), Anxiety Disorder Not Otherwise Specified (NOS), Adjustment Disorder with Anxiety and more.

- Is it difficult to maintain your involvement in work, family or social activities without avoidance or dread?
- Do you avoid certain situations because you are afraid or embarrassed to be judged by other people?
- Do you suffer from excessive and/or unrealistic worry that is difficult to control, occurring more days than not for at least 6 months about a number of events or activities?
- Do you continually think about negative situations or events in your current life or the past?
- Are you experiencing motor tension (restlessness, tiredness, shakiness, muscle tension, etc.)?
- Do you worry excessively about your job, school, relationship(s), health, or money?
- Are you having panic attacks?
- Is it hard to let go or forgive and forget?
- Are you easily frightened, or surprised?
- Do you have trouble falling asleep or staying asleep?
- Are you using substances or OTC drugs to cause sleep?
- Do you have a pessimistic, fearful view of the future?
- Do you often think about how unsatisfied you are with your life?
- Are you having autonomic hyperactivity (heart palpitations, shortness of breath, dry mouth, trouble swallowing, nausea, diarrhea)?
- Do you avoid certain situations, people or places that increase your anxiety?
- Are you hypervigilant (feeling constantly on edge, experiencing concentration difficulties, having sleep problems, and/or exhibiting a general state of irritability)?
- Is it hard to concentrate or make decisions?
- Do you suffer from indigestion/ stomach problems?
- Do you throw up when you are tense?
- Are you afraid of crowds, being left alone, the dark, of strangers, or of traffic?
- Do you have difficulty concentrating or remembering things?
- Have you recently lost interest in activities you enjoyed in the past?
- Do you often have nightmares?
- Do you feel tense or extremely jumpy?
- Do you occasionally feel that you are losing control?

If you answered yes to five or more items, please discuss this with your health care professional.

DISCLAIMER :

This Site & Clinician Does Not Provide Medical Advice. The Content is not intended to be a substitute for professional psychological psychiatric or medical advice, diagnosis, or treatment. Consult with your physician, psychiatrist, psychologist, or other qualified health provider without delay to gain more information regarding your specific medical and/or psychological condition. If you think you may have a medical emergency, call your doctor or [911](#) immediately.

Depression Symptoms – Quick Self-Test

Although depression may occur only once during your life, people typically may have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day and may include:

- Feelings of sadness, tearfulness, emptiness or hopelessness.
- Angry outbursts, irritability or frustration, even over small matters.
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports.
- Sleep disturbances, including insomnia or sleeping too much.
- Tiredness and lack of energy, so even small tasks take extra effort.
- Reduced appetite and weight loss or increased cravings for food and weight gain.
- Anxiety, agitation or restlessness.
- Slowed thinking, speaking or body movements.

- Feelings of worthlessness or guilt, fixating on past failures or self-blame.
- Trouble thinking, concentrating, making decisions and remembering things.
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide.
- Unexplained physical problems, such as back pain or headaches. =
- If you answered yes to five or more items, please discuss this with your health care professional.

If you answered yes to three or more items, please discuss this with your health care professional.

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