



Anxiety Disorders In Adults: A Self-Test

How much stress or worry is too much? Complete the following self-test. If you answer yes to any of these questions, you may want to show and discuss the results with your health professional.

Are you troubled by:

- Yes No Repeated, unexpected "attacks" during which you suddenly are overcome by intense fear or discomfort for no apparent reason, or the fear of having another panic attack?
- Yes No Persistent, inappropriate thoughts, impulses, or images that you can't get out of your mind (such as a preoccupation with getting dirty or worrying about the order of things)?
- Yes No Distinct and ongoing fear of social situations involving unfamiliar people?
- Yes No Excessive worrying for six months or more about a number of events or activities?
- Yes No Shortness of breath or racing heart for no apparent reason?
- Yes No Spending too much time each day doing things over and over again (for example, hand washing, checking things, or counting)?

For more information, visit www.adaa.org or call 1-800-922-8947.

Reference

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