

This questionnaire is designed to measure how much anxiety you are currently feeling. It is not at test so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows:

1 = Rarely or none of the time

2 = A little of the time

3 = Some of the time

4 = A good part of the time

5 = Most or all of the time

- 1. I feel calm.
- 2. I feel tense.
- 3. I feel suddenly scared for no reason.
- 4. I feel nervous.
- 5. I use tranquilizers or antidepressants to cope with my anxiety.
- 6. I feel confident about the future.
- 7. I am free from senseless or unpleasant thoughts.
- 8. I feel afraid to go out of my house alone.
- 9. I feel relaxed and in control of myself.
- 10. I have spells of terror or panic.
- 11. I feel afraid in open spaces or in the streets.
- 12. I feel afraid I will faint in public.
- 13. I am comfortable traveling on buses, subways, or trains.
- 14. I feel nervousness or shakiness inside.
- 15. I feel comfortable in crowds, such as shopping or at a movie.
- 16. I feel comfortable when I am left alone.
- 17. I rarely feel afraid without good reason.
- 18. Due to my fears, I unreasonably avoid certain animals, objects, or situations.
- 19. I get upset easily or feel panicky unexpectedly.
- 20. My hands, arms, or legs shake or tremble.
- 21. Due to my fears, I avoid social situations, whenever possible.
- 22. I experience sudden attacks of panic which catch me by surprise.
- 23. I feel generally anxious.
- 24. I am bothered by dizzy spells.
- 25. Due to my fears, I avoid being alone, whenever possible.