

## HACK YOURSELF | ACTIVITY SHEET 3

# ANXIETY SELF-ASSESSMENT

Anxiety Self-Assessment.\* Answer the questions honestly, and tally up your marks to find out your score.

	Never	Sometimes	Always
	1	2	3
Q1: I find it hard to unwind or sit still.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q2: I regularly get stomach cramps and feel sick.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q3: I become easily annoyed with people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q4: I get shortness of breath even when I'm still.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q5: I get lightheaded.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q6: I have difficulty sleeping.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q7: I get panicked by things in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### SCORE

1 – 7: Low possibility of an anxiety disorder

8 – 14 Medium possibility of an anxiety disorder

15+ Likely possibility of an anxiety disorder

\*This test is a personal assessment and does not constitute advice or a recommendation. Please consult a medically qualified person for a conclusive diagnosis.