



FUNKHEAD



ANXIETY QUIZ

A short 7 question quiz to work out
your anxiety score



If you are 16 yrs or over, this mood assessment can help you better understand how you've been feeling recently.

Instructions



1. Read the QUESTION
2. Answer 1 - 7 and score with a 0, 1, 2 or 3 see scoring guide below
3. Add up scores
4. Look at guidelines on anxiety levels
5. Arrange for a call with Vivienne Hill if needed

Scoring Guide

ANSWER

SCORE

Not at all	0
Several days	1
More than half the days	2
Nearly every day	3





Quiz

**OVER THE PAST 2 WEEKS
HOW OFTEN HAVE YOU BEEN
BOTHERED BY ANY OF THESE;**

**CHOOSE
0,1,2,3**

- 1. Feeling nervous, anxious or on edge? _____
 - 2. Not being able to stop or control worrying? _____
 - 3. Worrying too much about different things? _____
 - 4. Trouble relaxing? _____
 - 5. Being so restless that it is hard to sit still? _____
 - 6. Becoming easily annoyed or irritable? _____
 - 7. Feeling afraid as if something will happen? _____
- TOTAL (add up score)** _____

General Anxiety Disorder 7 (GAD 7) assessment tool is brought to you by FUNKHEAD





Results

0 - 4 **Normal**

5 - 9 **Mild Anxiety** (needs monitoring)

10 - 14 **Moderate Anxiety** (suggested consultation)

15 - 21 **Severe Anxiety** (might need active treatment)


Normal (low anxiety) suggests that you are not finding any limitations in your daily life.

Mild Anxiety means it is likely that you are finding none or only a few limitations in your life

Moderate Anxiety means there is a likelihood there are quite a few limitations in your daily life and this is likely to be causing you some difficulty

Severe Anxiety means you are definitely limited in what you can do in your life and you are suffering as a consequence.

For a score of 10 or more the medical model suggests that further discussion and investigation is necessary.



It might be advisable to ensure there is no underlying physical condition causing your anxiety.

Want to know more about
how to manage your ANXIETY?

EMAIL US!

talk@funkhead.co.uk

Disclaimer: This tool is not meant to replace clinical diagnosis or assessment.

The GAD-7 originates from Spitzer RL, Kroenke K, Williams JB, et al; A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006 May 22;166(10):1092-7. GAD-7 © Pfizer Inc. all rights reserved; used with permission.

