

Anxiety Test

Have you been much more ill lately? Yes or No

(This includes headaches, stomachaches, colds, etc.)

Are you quick to become upset when something unexpected happens? Yes or No

Have you been having relationship or job issues lately? Yes or No

Have you had a major life change in the last year? Yes or No

Have you been having sexual dysfunction or a change in libido? Yes or No

Do you feel more tired than usual and/or restless when you wake up in the morning? Yes or No

Do you have more energy than usually do? Yes or No

Are you irritable more than usual? Yes or No

Have you had any changes in appetite or sleep patterns? Yes or No

Do you have an overwhelming sense of fear or dread? Yes or No

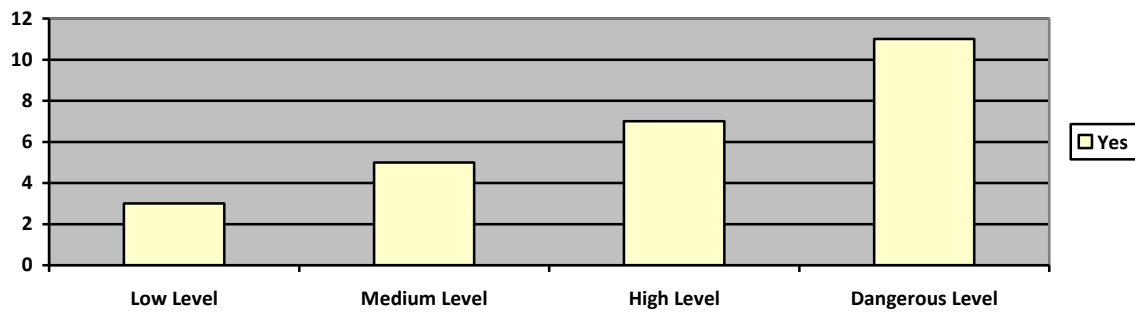
Do you have skin problems such as numbness, rashes or sensitivity? Yes or No

This is only for informational purposes. If you believe your anxiety is affecting your health and well-being, consult with a professional immediately.

Created by: Marcelina Hardy

Anxiety Test Scoring Instructions

Count the number of yes answers and consult the chart to determine your anxiety level.



A low or medium level result to the anxiety test doesn't mean you don't have to do anything about your stress. Be aware that you do have stress, which needs addressing. Use [stress management techniques](#) to lower your levels and prevent them from rising.

If you are at a high or dangerous level, you are at risk for health problems. Consult your medical doctor and introduce [stress reduction techniques](#) to work on reducing your anxiety.

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