

ANXIETY DISORDERS SELF-TEST FOR FRIENDS OR FAMILY MEMBERS

If you suspect a family member may be suffering from an anxiety disorder, print out the test and ask him or her to answer the questions. Then share it with a health care professional.

HOW CAN I TELL IF IT'S AN ANXIETY DISORDER?

Yes or No? Are you troubled by the following?

- Yes** **No** Repeated, unexpected panic 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 germs, worry about the order of things, or aggressive or sexual impulses)?
- Yes** **No** Powerful and ongoing fear of social situations involving unfamiliar people?
- Yes** **No** Excessive worrying (for at least six months) about a number of events or activities?
- Yes** **No** Fear of places or situations where getting help or escape might be difficult, such as in a crowd or on a bridge?
- Yes** **No** Shortness of breath or a racing heart for no apparent reason?
- Yes** **No** Persistent and unreasonable fear of an object or situation, such as flying, heights, animals, blood, etc?
- Yes** **No** Being unable to travel alone?
- Yes** **No** Spending more than one hour a day doing things over and over again (for example, hand washing, checking things, or counting)?

More days than not, do you experience the following?

- Yes** **No** Feel restless?
- Yes** **No** Feel easily tired distracted?
- Yes** **No** Feel irritable?
- Yes** **No** Have tense muscles or problems sleeping?
- Yes** **No** Have you experienced or witnessed a traumatic life-threatening or deadly event or serious injury to yourself or a loved one (for example, military combat, violent crime, or serious car accident)?
- Yes** **No** Does your anxiety interfere with your daily life?

Having more than one illness at the same time can make it difficult to diagnose and treat the different conditions. Illnesses that sometimes complicate anxiety disorders include depression and substance abuse. With this in mind, please take a minute to answer the following questions:

Yes **No** Have you experienced changes in sleeping or eating habits?

More days than not, do you feel...

Yes **No** sad or depressed?

Yes **No** disinterested in life?

Yes **No** worthless or guilty?

During the last year, has the use of alcohol or drugs...

Yes **No** resulted in your failure to fulfill responsibilities with work, school, or family?

Yes **No** placed you in a dangerous situation, such as driving a car under the influence?

Yes **No** gotten you arrested?

Yes **No** continued despite causing problems for you or your loved ones?