



MindKrafts Assessment and Counselling Centre

Email-mindkrafts@gmail.com | Ph-040-27964165 | M-(0)9989426606

Banjara Hills  Begumpet  Madhapur  Kukatpally  Uppal


NOTE: The questionnaire is just for information purposes. Any assessments based on these interpretations cannot be used as parameters to determine or diagnose any psychological disorders and the level of severity. It is advised to consult a Counselor or Psychologist for any problems and the relevant treatment options.


Symptoms of Anxiety


Over the last 2 weeks, using the table below, assess the frequency that you experience these common symptoms of Anxiety. Tick the box next to each question that best reflects your thoughts, feelings and behaviour. After taking the test, you can print the results for yourself or a health professional.

Date: _____				
Name: _____	Not at all	Several days	More than half the days	Almost every day
Symptoms / Frequency	+ 0	+ 1	+ 2	+ 3
1. Feeling nervous, anxious, or on edge	+ 0	+ 1	+ 2	+ 3
2. Worrying too much about different things	+ 0	+ 1	+ 2	+ 3
3. Not being able to stop or control worrying	+ 0	+ 1	+ 2	+ 3
4. Being easily annoyed or irritable	+ 0	+ 1	+ 2	+ 3
5. Trouble relaxing	+ 0	+ 1	+ 2	+ 3
6. Being so restless that it's hard to sit still	+ 0	+ 1	+ 2	+ 3
7. Feeling afraid as if something awful might happen	+ 0	+ 1	+ 2	+ 3
Calculate Your Stress Score (A+B+C+D+E)	A	B	C	D

- The more often you experience these symptoms of Anxiety, the more likely anxiety is having a negative impact on your life. You may be so used to feeling a certain way that you assume this is normal. See table below, to interpret your score,

0 (Low) Your score falls into the low range. This means you're doing pretty well.
 But if you still have concerns about how you're feeling, it's a good idea to speak to a Psychologist anyway.

07-14 (Moderate Level of Anxiety) Your score falls into the moderate range, which means you may be experiencing anxiety that's causing you some distress and making it hard for you to enjoy life.
 It is recommended that you schedule a consultation with a therapist, before it escalates to distress.

15-21 (High Level of Anxiety) Your score falls into the high range, which means you may be experiencing anxiety that's causing you distress and impacting your daily life.
 We strongly recommend that you see your Psychologist, for a more personalized assessment & therapy.

Anxiety conditions are common and the good news is that there are treatments and support options that work. It's important to seek help – the sooner you get treatment, the sooner you can recover.

Get in touch, for a FREE Consultation at CDFD Campus, (Wednesday 9.30am-6pm)
 Email-mindkrafts@gmail.com | Ph-040-27964165 | M-(0)9989426606 (Dr. B.Ravindra)

Assessments

Counselling

Therapy