

Integrative Health Care Online

Anxiety/Depression Questionnaire

Dr Daniel Amen

Please rate yourself on each of the symptoms listed below using the following scale. If possible, have another person who knows you well (such as a spouse, lover or parent) rate you as well. List other person _____.

0	1	2	3	4	n/a
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable

Other

Self

- | | | |
|-------|-------|--|
| _____ | _____ | 1. Frequent feelings of nervousness or anxiety |
| _____ | _____ | 2. Panic attacks |
| _____ | _____ | 3. Avoidance places because of fear or anxiety |
| _____ | _____ | 4. Symptoms of heightened muscle tension |
| _____ | _____ | 5. Periods of heart pounding, nausea or dizziness |
| _____ | _____ | 6. Tendency to predict the worst |
| _____ | _____ | 7. Multiple persistent fears or phobias (such as dying, doing something c
crazy) |
| _____ | _____ | 8. Conflict avoidance |
| _____ | _____ | 9. Excessive fear of being judged or scrutinized by others |
| _____ | _____ | 10. Quick startle or tendency to freeze in anxiety provoking or intense si
situations |
| _____ | _____ | 11. Seems shy, timid and easily embarrassed |

- _____ 12. Bites fingernails or picks skin
- _____ 13. Persistent sad, or “empty” mood
- _____ 14. Loss of interest or pleasure in activities that are usually fun, including sex
- _____ 15. Restlessness, irritability, or excessive crying
- _____ 16. Feelings of guilt, worthlessness, helplessness, hopelessness, Pessimism
- _____ 17. Sleeping too much or too little, early-morning awakening
- _____ 18. Appetite and/or weight loss or overeating and weight gain
- _____ 19. Decreased energy, fatigue, feeling “slowed down”
- _____ 20. Thoughts of death or suicide or suicide attempts
- _____ 21. Difficulty concentrating, remembering, or making decisions
- _____ 22. Persistent physical symptoms that do not respond to treatment, such Headaches, digestive disorders, and chronic pain
- _____ 23. Persistent negativity or chronic low self-esteem
- _____ 24. Persistent feeling of being dissatisfied or bored
- _____ 25. Excessive or senseless worrying
- _____ 26. Upset when things are out of place or things don’t go the way you Planned
- _____ 27. Tendency to be oppositional or argumentative
- _____ 28. Tendency to have repetitive negative or anxious thoughts
- _____ 29. Tendency toward compulsive behaviours
- _____ 30. Intense dislike for change
- _____ 31. Tendency to hold grudges

- _____ 32. Difficulties seeing options in situations
- _____ 33. Tendency to hold on to own opinion and not listen to others
- _____ 34. Needing to have things done a certain way or you become very upset
- _____ 35. Others complain that you worry too much
- _____ 36. Tend to say no without first thinking about question
- _____ 37. Periods of abnormally elevated, depressed, or anxious mood
- _____ 38. Period of decreased need for sleep, feel energetic or dramatically less

Sleep

- _____ 39. Period of grandiose notions
- _____ 40. Periods of increased talking or pressured speech
- _____ 41. Periods of too many thoughts racing through the mind
- _____ 42. Periods of markedly increased energy
- _____ 43. Periods of poor judgment that leads to risk-taking behaviour

(Separate from usual behaviour)

- _____ 44. Periods of inappropriate social behaviour
- _____ 45. Periods of irritability or aggression
- _____ 46. Period of delusional or psychotic thinking
- _____ 47. Short fuse or periods of extreme irritability
- _____ 48. Periods of rage with little provocation
- _____ 49. Often misinterprets comments as negative when they are not
- _____ 50. Periods of spaciness or confusion
- _____ 51. Periods of panic and/or fear for no specific reason
- _____ 52. Visual or auditory changes, such as seeing shadows or hearing

Muffled sounds

- _____ 53. Frequent period of déjà vu (feelings of being somewhere you have
Never been)
- _____ 54. Sensitivity or mild paranoia
- _____ 55. Headaches or abdominal pain of uncertain origin
- _____ 56. History of a head injury or family history of violence or
Explosiveness
- _____ 57. Dark thoughts, may involve suicidal or homicidal thoughts
- _____ 58. Periods of forgetfulness or memory problems
- _____ 59. Trouble staying focused
- _____ 60. Spaciness or feeling in a fog
- _____ 61. Overwhelmed by tasks of daily living
- _____ 62. Feels tired, sluggish, or slow moving
- _____ 63. Procrastination, failure to finish things
- _____ 64. Chronic boredom
- _____ 65. Loses things
- _____ 66. Easily distracted
- _____ 67. Forgetful
- _____ 68. Poor planning skills
- _____ 69. Difficulty expressing feelings
- _____ 70. Difficulty expressing empathy for others

Anxiety/Depression Questionnaire Scoring Key

For each of the groups listed below add up the number of answers that were scored as three or four and place them on the space provided. A cut-off score is provided with each type. Some people score positively in more than one group; some even score positively in 3 or 4 groups. Use the results to help guide you through the treatment sections of the book.

1. **Pure anxiety (Questions 1-12)** To meet the criteria for Pure Anxiety six or more questions with a score of three or four is needed, more than four is suspicious.

Pure Anxiety Score of three or four: _____

2. **Pure Depression (Questions 13-24)** Six or more of a score of three or four is needed to make the diagnosis, more than four is suspicious.

Pure Depression Score of three or four: _____

3. **Mixed Anxiety and Depression (Questions 1-24)** Meets the criteria for both Pure Anxiety and Pure Depression or is suspicious in both categories.
4. **Overfocused Anxiety/Depression (Questions 25-36)** Meets the criteria for pure anxiety and or depression and also scores is or more on the overfocused anxiety/depression questions.

Overfocused Score of three or four: _____

5. **Cyclic Anxiety/Depression (Questions 37-46)** Meets the criteria for pure anxiety and or depression and also scores six or more on the cyclic anxiety/depression questions.

Cyclic Score of three or four: _____

6. **Temporal Lobe Anxiety/Depression (Questions 47-58)** Meets the criteria for pure anxiety and or depression and also scores six or more on the temporal lobe anxiety/depression questions.

Temporal lobe Score of three or four: _____

7. **Unfocused Anxiety/Depression (Questions 59-70)** Meets the criteria for pure anxiety and or depression and also scores six or more on the prefrontal cortex anxiety/depression questions.

Prefrontal cortex Score of three or four: _____