

## quiz tool — does this sound like you?

### Are you anxious?

Are you uptight? Do you worry a lot? You may be one of about 19 million American adults who have an anxiety disorder. Unlike the relatively mild, brief anxiety caused by a stressful event such as a business presentation or a first date, anxiety disorders are relentless and can grow progressively worse if not treated. Effective treatments are available.

The screening below is designed to help you assess the presence of mild to moderate anxiety symptoms. It does not replace a psychiatric evaluation. Information on anxiety disorders is available locally by calling Connections, a mental health resource center, at 221-5551.

Do you feel that you worry excessively about many things?

- Yes
- No

Do you experience sensations of shortness of breath, palpitations or shaking while at rest?

- Yes
- No

Do you have a fear of losing control or of “going crazy”?

- Yes
- No

Do you have recurrent thoughts or images that refuse to go away? Do you feel compelled to perform certain behaviors repeatedly, such as checking that doors are locked?

- Yes
- No

Do you have specific fears of certain objects, such as animals or knives?

- Yes
- No

Are you afraid that you will be in a place or situation from which you feel you will not be able to escape?

- Yes
- No

Do you persistently relive an upsetting event from the past?

- Yes
- No

Does the idea of leaving home or being in crowds frighten you?

- Yes
- No

Do you avoid social situations because of feelings of fear?

- Yes
- No

Answering “yes” to any of these questions can indicate symptoms of anxiety. Consult your doctor if your symptoms persist or worsen.

Sources: New York University Department of Psychiatry, [www.med.nyu.edu/Psych/screens/anx](http://www.med.nyu.edu/Psych/screens/anx)  
National Institute of Mental Health, [www.nimh.nih.gov/anxiety](http://www.nimh.nih.gov/anxiety), (800) 421-4211