



LAW ENFORCEMENT FAMILIES PARTNERSHIP



SELF-TEST: ANXIETY

Zung Self-rating Anxiety Scale

Listed below are 20 statements. Please read each one carefully and decide how much the statement describes how you have been feeling **during the past week**. Circle the appropriate number for each statement.

During the past week...	None or a little of the time	Some of the time	Good part of the time	Most or all of the time
1. I feel more nervous and anxious than usual.	1	2	3	4
2. I feel afraid for no reason at all.	1	2	3	4
3. I get upset easily or feel panicky.	1	2	3	4
4. I feel like I'm falling apart and going to pieces.	1	2	3	4
5. My arms and legs shake and tremble.	1	2	3	4
6. I am bothered by headaches, neck and back pains.	1	2	3	4
7. I feel weak and get tired easily.	1	2	3	4
8. I can feel my heart beating fast.	1	2	3	4
9. I am bothered by dizzy spells.	1	2	3	4
10. I have fainting spells or feel faint.	1	2	3	4
11. I get feelings of numbness and tingling in my fingers and toes.	1	2	3	4
12. I am bothered by stomachaches or indigestion.	1	2	3	4
13. I have to empty my bladder often.	1	2	3	4
14. My face gets hot and blushes.	1	2	3	4
15. I have nightmares.	1	2	3	4
16. I feel that everything is all right and nothing bad will happen.	4	3	2	1
17. I feel calm and can sit still easily.	4	3	2	1
18. I can breathe in and out easily.	4	3	2	1
19. My hands are usually dry and warm.	4	3	2	1
20. I fall asleep easily and get a good night's rest.	4	3	2	1



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SELF-TEST: ANXIETY (Continued)

SCORING

To score this tool, add up your responses to the 20 items.

SCORE: _____

This tool is not meant to diagnose anxiety, only to give you a way to assess whether or not you might need to seek further assessment or treatment.

The higher your score, the greater the chance that you may be suffering from an anxiety problem.

20-44 Normal range

45-59 Mild to moderate anxiety levels

60-74 Marked to severe anxiety levels

75-80 Extreme anxiety levels

If you have questions or would like further evaluation, please contact your employment assistance program (EAP), physician, or a mental health professional.