



A Division of Hartford Hospital

Please complete this form and show it to your doctor or other healthcare professional.

Do you have Generalized Anxiety Disorder?

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|-----|---|------------|-----------|
| 1. | Do you experience excessive anxiety and worry about a number of events or activities (such as work or school performance)? | YES | NO |
| 2. | Have these worries occurred more days than not for at least six months? | YES | NO |
| 3. | Do you find it difficult to control the worry? | YES | NO |
| 4. | Have you felt restless, keyed up, or on edge more days than not for at least six months? | YES | NO |
| 5. | Have you been easily fatigued more days than not for at least six months? | YES | NO |
| 6. | Have you had difficulty concentrating or with your mind going blank more days than not for at least six months? | YES | NO |
| 7. | Have you felt irritable more days than not for at least six months? | YES | NO |
| 8. | Have you experienced muscle tension more days than not for at least six months? | YES | NO |
| 9. | Have you experienced sleep disturbance (difficulty falling or staying asleep or restless, unsatisfying sleep) more days than not for at least six months? | YES | NO |
| 10. | Do anxiety, worry, or physical symptoms cause you to feel very distressed? | YES | NO |
| 11. | Do anxiety, worry, or physical symptoms cause significant impairment in your social life, work, or other important areas of functioning? | YES | NO |

You *might* have Generalized Anxiety Disorder if all of the following are **true**:

- You answered YES to items 1, 2, and 3
- You answered YES to at least three of items 4, 5, 6, 7, 8, and 9
- You answered YES to either item 10 or 11

Note: This questionnaire is for informational purposes only and is not intended to function as a psychological or psychiatric assessment. Diagnosis of psychiatric disorders requires a careful evaluation by a trained professional.

To get help for this condition or to receive a comprehensive assessment, please call The Institute of Living's Anxiety Disorders Center at (860) 545-7685.