



Generalized Anxiety Disorder (GAD) Self-Test

How much anxiety is too much? If you suspect you might suffer from generalized anxiety disorder, print and complete the following Anxiety Disorders Association of America self-test by writing yes or no next to each question. If you think you might have GAD, please call your doctor or The Hospital of Central Connecticut's Outpatient Psychiatry and Behavioral Health, **(860) 224-5804**.

This tool is a self-assessment designed to help you determine if you need further, professional screening for anxiety. It is not meant to replace evaluation and advice of a medical professional.

HOW CAN I TELL IF IT'S GAD?

Yes or No?

Are you troubled by:

- Excessive worry, occurring more days than not, for a least six months?
- Unreasonable worry about a number of events or activities, such as work or school and/or health?
- The inability to control the worry?

Are you bothered by a least three of the following?

- Restlessness, feeling keyed-up or on edge?
- Being easily tired?
- Problems concentrating?
- Irritability?
- Muscle tension?
- Trouble falling asleep or staying asleep, or restless and unsatisfying sleep?
- Does your anxiety interfere with your daily life?

Having more than one illness at the same time can make it difficult to diagnose and treat the different conditions. Illnesses that sometimes complicate anxiety disorders include depression and substance abuse. With this in mind, please take a minute to answer the following questions:

Have you experienced changes in sleeping or eating habits?

More days than not, do you feel:

- Sad or depressed?
- Disinterested in life?
- Worthless or guilty?

During the last year, has the use of alcohol or drugs:

- Resulted in your failure to fulfill responsibilities with work, school, or family?
- Placed you in a dangerous situation, such as driving a car under the influence?
- Gotten you arrested?
- Continued despite causing problems for you and/or your loved ones