

Name \_\_\_\_\_

Date \_\_\_\_\_

## SHEEHAN PATIENT RATED ANXIETY SCALE

During the past week, how much did you suffer from ...

(Check only one answer for each question)

	Not at All	A Little	Moderately	Quite a Bit	Extremely
1. Difficulty in getting your breath, smothering, or overbreathing	<input type="checkbox"/>				
2. Choking sensation or lump in throat	<input type="checkbox"/>				
3. Skipping, racing, or pounding of your heart	<input type="checkbox"/>				
4. Chest pain, pressure, or discomfort	<input type="checkbox"/>				
5. Bouts of excessive sweating	<input type="checkbox"/>				
6. Faintness, light-headedness, or dizzy spells	<input type="checkbox"/>				
7. Sensation of rubbery or "jelly" legs	<input type="checkbox"/>				
8. Feeling off balance or unsteady like you might fall	<input type="checkbox"/>				
9. Nausea or stomach problems	<input type="checkbox"/>				
10. Feeling that things around you are strange, unreal, foggy, or detached from you	<input type="checkbox"/>				
11. Feeling outside or detached from part or all of your body, or a floating feeling	<input type="checkbox"/>				
12. Tingling or numbness in parts of your body	<input type="checkbox"/>				
13. Hot flashes or cold chills	<input type="checkbox"/>				
14. Shaking or trembling	<input type="checkbox"/>				
15. Having a fear that you are dying or that something terrible is about to happen	<input type="checkbox"/>				
16. Feeling you are losing control or going insane	<input type="checkbox"/>				
17. Sudden anxiety attacks with three or more of the symptoms (listed above) that occur when you are in or about to go into a situation that is likely, from your experience, to bring on an attack	<input type="checkbox"/>				
18. Sudden unexpected anxiety attacks with three or more symptoms (listed above) that occur with little or no provocation (i.e., when you are NOT in a situation that is likely, from your experience, to bring on an attack)	<input type="checkbox"/>				

Not at All    A Little    Moderately    Quite a Bit    Extremely

19. Sudden unexpected spells with only one or two symptoms (listed above) that occur with little or no provocation (i.e., when you are NOT in a situation that is likely, from your experience, to bring on an attack)	<input type="checkbox"/>				
20. Anxiety episodes that build up as you anticipate doing something that is likely, from your experience, to bring on anxiety that is more intense than most people experience in such situations	<input type="checkbox"/>				
21. Avoiding situations because they frighten you	<input type="checkbox"/>				
22. Being dependent on others	<input type="checkbox"/>				
23. Tension and inability to relax	<input type="checkbox"/>				
24. Anxiety, nervousness, restlessness	<input type="checkbox"/>				
25. Spells of increased sensitivity to sound, light, or touch	<input type="checkbox"/>				
26. Attacks of diarrhea	<input type="checkbox"/>				
27. Worrying about your health too much	<input type="checkbox"/>				
28. Feeling tired, weak, and exhausted easily	<input type="checkbox"/>				
29. Headaches or pains in neck or head	<input type="checkbox"/>				
30. Difficulty in falling asleep	<input type="checkbox"/>				
31. Waking in the middle of the night, or restless sleep	<input type="checkbox"/>				
32. Unexpected waves of depression occurring with little or no provocation	<input type="checkbox"/>				
33. Emotions and moods going up and down a lot in response to changes around you	<input type="checkbox"/>				
34. Recurrent and persistent ideas, thoughts, impulses, or images that are intrusive, unwanted, senseless, or repugnant.	<input type="checkbox"/>				
35. Having to repeat the same action in a ritual, e.g. checking, washing, counting repeatedly, when it's not really necessary	<input type="checkbox"/>				