

Adaptation of Beck Anxiety Inventory

Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past week, including today, by circling the number in the corresponding space in the column next to each symptom.

	NOT AT ALL	MILDLY It did not bother me much	MODERATELY It was very unpleasant but I could stand it	SEVERELY I could barely stand it
Numbness or tingling	0	1	2	3
Feeling hot	0	1	2	3
Wobbliness in legs	0	1	2	3
Unable to relax	0	1	2	3
Fear of the worst happening	0	1	2	3
Dizzy or lightheaded	0	1	2	3
Heart pounding or racing	0	1	2	3
Unsteady	0	1	2	3
Terrified	0	1	2	3
Nervous	0	1	2	3
Feelings of choking	0	1	2	3
Hands trembling	0	1	2	3
Shaky	0	1	2	3
Fear of losing control	0	1	2	3
Difficulty breathing	0	1	2	3
Fear of dying	0	1	2	3
Scared	0	1	2	3
Indigestion	0	1	2	3
Faint or lightheaded	0	1	2	3
Face flushed	0	1	2	3
Sweating (not due to heat)	0	1	2	3
Column Sum:				

Scoring and Interpretation

Sum up each column. Then sum up the column totals to achieve a total score.

A total score between 0 – 21 indicates very low anxiety. That is usually a good thing. However, it is possible that you might either be unrealistic in your assessment, which would be denial, or that you have learned to “mask” the symptoms commonly associated with anxiety. Too little “anxiety” could indicate that you are detached from yourself, others, or your environment.

A total score between 22 – 35 indicates moderate anxiety. Your body is trying to tell you something. Look for patterns as to when and why you experience the symptoms described above. For example, if it occurs prior to public speaking and your job requires a lot of presentations, you may want to find ways to calm yourself before speaking or let others do some of the presentations. You may have some conflict issues that need to be resolved. Clearly, it is not “panic” time, but you want to find ways to manage the stress you feel.

A total score over 36 is a potential cause for concern. Again, look for patterns or times when you tend to feel the symptoms you have circled. Persistent and high anxiety is not a sign of personal weakness or failure. It is, however, something that needs to be proactively treated, or there could be significant impacts to you mentally and physically. You may want to consult a psychotherapist if the feelings persist.