

Goldberg Anxiety Scale

Anxiety Scale

(Score one point for each “Yes” if the symptom occurs most of the time over the past 2-4 weeks)

1. Have you felt keyed up, on edge?
2. Have you been worrying a lot?
3. Have you been irritable?
4. Have you had difficulty relaxing?

(If “Yes” to tow of the above, go on to 5-9)

5. Have you been sleeping poorly?
6. Have you had headaches or neck aches?
7. Have you had any of the following: trembling, tingling, dizzy spells, sweating, urinary frequency, diarrhea?
8. Have you been worried about your health?
9. Have you had difficulty falling asleep?

Score 1 point for each yes. Most people have some of these symptoms (the average number of symptoms experienced by adults is 4). The higher the score it is more likely that a person will experience disruption in their daily life.