

GROW UP! IT

Competences and framework for social system youth workers.



Erasmus+

ANXIETY QUESTIONNAIRE



Powiatowe Centrum
Pomocy Rodzinie
w Oświęcimiu



UK - Butterflies LTD



FERI

ANXIETY QUESTIONNAIRE

Below are the numbers of statements that people use to describe their thoughts and concerns. Read carefully each of the statement and put a cross „X” in the right field for each question in each category, with the appropriate number. Do not think too long about each statement. There are no bad or good answers and the first answer is often the best.

	ANXIETY	AT ALL 0	A LITTLE 1	RESTRAINEDLY 2	A LOT 3
1	I have unexpected panic attacks				
2	I am afraid of something				
3	I have a feeling that something bad can happen soon				
4	I am constantly nervous				
5	I am worried about something				
6	I am scared of the future				

	ANXIETY THOUGHTS	AT ALL 0	A LITTLE 1	RESTRAINEDLY 2	A LOT 3
7	I am scared that someone will see my anxiety attack				
8	I feel like I am about to lose my control				
9	I am scared of school				
10	I am scared of public speeches				
11	I am afraid of entering social relations				
12	I have fear of failure				
13	I am scared of fainting and feeling weak				
14	I am afraid of making a fool of myself				
15	I experience obsessive thoughts (counting, repeating)				
16	I feel like no one likes me				
17	I am worried that others will laugh at me				



	PHYSICAL SYMPTOMS	AT ALL 0	A LITTLE 1	RESTRAINEDLY 2	A LOT 3
18	Difficulty concentrating				
19	Fast heartbeats				
20	Pain in the chest				
21	Constipation or diarrhea				
22	Strained muscles				
23	Shaking hands				
24	My body/body part trembles				
25	Hot flushes, chills				
26	Headache				
27	Stomach pain				
28	Vomiting				
29	Exhaustion				
30	Increased sweating				
31	Throat tightness				
32	Tingling or numbness in the fingers				
33	Frequent urination				

TOTAL ITEMS 1 - 33	
---------------------------	--

Results:

SCORE	ANXIETY LEVEL	RECOMMENDED PROCEDURE
0-4	Small level of anxiety or no anxiety	Anxiety appears as a natural emotional state in everyday life. The examined person does not perceive fear as information about a stressful situation. He/she is able to cope with anxiety. He/she realistically judges the situation and moves straight to the action. The examined person does not require help, they can support others.
5-10	Condition on the verge of anxiety	The examined person occasionally receives anxiety as information about a stressful situation. He/she is able to cope with anxiety. Experiences minimal effects of anxiety reaction. He/she can easily use their mechanisms of neutralizing anxiety and move on to the action. The examined person does not require help, they only need to be reminded of the methods and techniques they already know, if necessary.
11-20	Mild anxiety	The examined person gently perceives fear as information about a stressful situation. He/she has mechanisms to deal with anxiety. He/she experiences the mild effects of anxiety reaction. The examined person can activate the mechanisms of neutralizing anxiety and move to action quite quickly. He/she does not require help, only to be reminded of known methods and techniques of dealing with anxiety.
21-30	Moderate anxiety	The examined person perceives anxiety as information about a stressful situation. He/she has mechanisms to deal with anxiety. He/she experiences moderate effects of anxiety reaction. The examined person can rarely activate the mechanisms to neutralize their anxiety and move on to action. They need help and reminder of known methods and techniques in the group.
31-50	Serious anxiety	The examined person seriously perceives anxiety as information about a stressful situation. He/she has very weak mechanisms to deal with anxiety. He/she experiences the effects of anxiety reaction. The examined person cannot activate known mechanisms to neutralize anxiety and move on to action. They are aware of them, however, they do not use them. They require help and being reminded how to deal with anxiety and learn new methods and techniques through training.
51-99	Extreme anxiety or panic	The examined person extremely perceives anxiety as information about a stressful situation. He/she has no mechanisms to cope with anxiety. They extremely experience the effects of anxiety reaction. The examined person requires IMMEDIATE INDIVIDUAL assistance. After providing individual therapeutic help, it will be necessary to provide help such as work in a development group to learn how to deal with anxiety.