The Amen Clinic
Anxiety/Depression Type Questionnaire

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Client: _____
Rater: _____
Date: ___/___/_____

Please rate yourself (or the person you are evaluating) on each of the symptoms listed below using the following scale:

0 Never
1 Rarely
2 Occasionally
3 Frequently
4 Very Frequently
N/A Not Applicable or Not Known

		N/A	0	1	2	3	4
1.	Frequent feelings of nervousness or anxiety	○	○	○	○	○	○
2.	Panic attacks	○	○	○	○	○	○
3.	Avoidance of places because of fear of having an anxiety attack	○	○	○	○	○	○
4.	Symptoms of heightened muscle tension (headaches, sore muscles, and tremors)	○	○	○	○	○	○
5.	Periods of heart pounding, nausea, or dizziness (not exercise related)	○	○	○	○	○	○
6.	Tendency to predict the worst	○	○	○	○	○	○
7.	Multiple, persistent fears or phobias (such as dying, doing something crazy)	○	○	○	○	○	○
8.	Conflict avoidance	○	○	○	○	○	○
9.	Excessive fear of being judged or scrutinized by others	○	○	○	○	○	○
10.	Easily startled or tendency to freeze in anxiety-provoking or intense situations	○	○	○	○	○	○
11.	Seemingly shy, timid, and easily embarrassed	○	○	○	○	○	○
12.	Bites fingernails or picks skin	○	○	○	○	○	○
13.	Persistent sad or “empty” mood	○	○	○	○	○	○
14.	Loss of interest in or pleasure from activities that are usually fun, including sex	○	○	○	○	○	○
15.	Restlessness, irritability, or excessive crying	○	○	○	○	○	○
16.	Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism	○	○	○	○	○	○
17.	Sleeping too much or too little, early-morning awakening	○	○	○	○	○	○
18.	Appetite and/or weight loss, or overeating and weight gain	○	○	○	○	○	○
19.	Decreased energy, fatigue, feeling “slowed down”	○	○	○	○	○	○

Anx/ Dep	*0 never 1 rarely 2 occasionally 3 frequently 4 very frequently*	N/A	0	1	2	3	4
20.	Thoughts of death or suicide, or suicide attempts	○	○	○	○	○	○
21.	Difficulty concentrating, remembering, or making decisions	○	○	○	○	○	○
22.	Persistent physical symptoms that cannot respond to treatment, such as headaches, digestive disorders, and chronic pain	○	○	○	○	○	○
23.	Persistent negativity or chronic low self-esteem	○	○	○	○	○	○
24.	Persistent feeling of dissatisfaction or boredom	○	○	○	○	○	○
25.	Excessive or senseless worrying	○	○	○	○	○	○
26.	Upset when things are out of place or don't go the way you planned	○	○	○	○	○	○
27.	Tendency to be oppositional or argumentative	○	○	○	○	○	○
28.	Tendency to have repetitive negative or anxious thoughts	○	○	○	○	○	○
29.	Tendency toward compulsive behaviors	○	○	○	○	○	○
30.	Intense dislike of change	○	○	○	○	○	○
31.	Tendency to hold grudges	○	○	○	○	○	○
32.	Difficulty seeing options in situations	○	○	○	○	○	○
33.	Tendency to hold on to own opinion and not listen to others	○	○	○	○	○	○
34.	Needing to have things done a certain way or you become very upset	○	○	○	○	○	○
35.	Others complain that you worry too much	○	○	○	○	○	○
36.	Tendency to say no without first thinking about question	○	○	○	○	○	○
37.	Periods of abnormally elevated, depressed, or anxious mood	○	○	○	○	○	○
38.	Periods of decreased need for sleep, feeling energetic on dramatically less sleep than usual	○	○	○	○	○	○
39.	Periods of grandiose notions	○	○	○	○	○	○
40.	Periods of increased talking or pressured speech	○	○	○	○	○	○
41.	Periods of too many thoughts racing for your mind	○	○	○	○	○	○
42.	Periods of markedly increased energy	○	○	○	○	○	○
43.	Periods of poor judgment that lead to risk-taking behavior (separate from usual behavior)	○	○	○	○	○	○
44.	Periods of inappropriate social behavior	○	○	○	○	○	○

Anx/ Dep	*0 never 1 rarely 2 occasionally 3 frequently 4 very frequently*	N/A	0	1	2	3	4
45.	Periods of irritability or aggression	○	○	○	○	○	○
46.	Periods of delusional or psychotic thinking	○	○	○	○	○	○
47.	Short fuse or periods of extreme irritability	○	○	○	○	○	○
48.	Periods of rage with little provocation	○	○	○	○	○	○
49.	Often misinterprets comments as negative when they are not	○	○	○	○	○	○
50.	Periods of spaciness or confusion	○	○	○	○	○	○
51.	Periods of panic and/or fear for no specific reason	○	○	○	○	○	○
52.	Visual or auditory changes, such as seeing shadows or hearing muffled sounds	○	○	○	○	○	○
53.	Frequent periods of deja vu (feeling of being somewhere you have never been)	○	○	○	○	○	○
54.	Sensitivity or mild paranoia	○	○	○	○	○	○
55.	Headaches or abdominal pain of uncertain origin	○	○	○	○	○	○
56.	History of a head injury or family history of violence or explosiveness	○	○	○	○	○	○
57.	Dark thoughts, may involve suicidal or homicidal thoughts	○	○	○	○	○	○
58.	Periods of forgetfulness or memory problems	○	○	○	○	○	○
59.	Trouble staying focused	○	○	○	○	○	○
60.	Spaciness or feeling in a fog	○	○	○	○	○	○
61.	Overwhelmed by tasks of daily living	○	○	○	○	○	○
62.	Feels tired, sluggish, or slow-moving	○	○	○	○	○	○
63.	Procrastination, failure to finish things	○	○	○	○	○	○
64.	Chronic boredom	○	○	○	○	○	○
65.	Loses things	○	○	○	○	○	○
66.	Easily distracted	○	○	○	○	○	○
67.	Forgetful	○	○	○	○	○	○
68.	Poor planning skills	○	○	○	○	○	○
69.	Difficulty expressing feelings	○	○	○	○	○	○
70.	Difficulty expressing empathy for others	○	○	○	○	○	○

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