



## Generalized Anxiety Disorder Checklist

Are you experiencing excessive anxiety for a period of at least six months on most days? Are you finding it difficult to control worry or feeling hyper-vigilant? Anxiety causes significant distress and often causes physical problems that are not explained by another medical condition.

Worry is associated with three or more of the following feelings:

- restless/on-edge**
- easily fatigued**
- concentration problems**
- irritability**
- muscle tension**
- sleep disturbance**

Symptoms identified in the checklist above were taken from the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Washington, DC, American Psychiatric Publishing, 2013.