

**YOUR ANXIETY
ANALYSIS**

**Anxiety Assessment
Recommended**

**ANXIETY
SYMPTOMS**

**You Reported
5 Common Symptoms
of Anxiety**

**ANXIETY
RISK FACTORS**

**You Reported
3 Common Risk Factors
for Anxiety**

Based on the frequency of your symptoms, more screening for anxiety is recommended.

Anxiety is a common condition that can only be diagnosed by a professional.

- Based on your answers, you shouldn't wait to talk to a professional about your current symptoms.
- No two people are affected the same way by anxiety, and there is no one-size-fits-all treatment.
- Even the most severe cases of anxiety can be treated. The sooner treatment begins, the better it works.

Symptoms during the past 2 weeks:	Your Answer
Feeling nervous, anxious, or on edge	<i>Nearly every day</i>
Not being able to stop or control your worrying	<i>Nearly every day</i>

Other symptoms on more than half the days during the past 2 weeks:	Your Answer
Worrying too much about different things	<i>No</i>
Trouble relaxing	<i>Yes</i>
Being so restless that it is hard to sit still	<i>Yes</i>
Becoming easily annoyed or irritable	<i>No</i>
Feeling afraid as if something awful might happen	<i>Yes</i>

Panic attacks experienced in the past 4 weeks:	Your Answer
One or more panic attacks	<i>No</i>

What is Anxiety?

Anxiety is a normal reaction to stressful events or dangerous situations. It can help keep us safe or help us perform better. When it starts to interfere with daily life, or is hard to control, an anxiety disorder may be to blame. Luckily, anxiety disorders are treatable with medication, therapy, or a combination of both. The sooner treatment begins, the better it works.

Results

Lowering Your Risk of Anxiety

Some factors increase the chances of developing anxiety. A few are listed in the table to the right.

The good news is that there are also things that can lower the risk of anxiety.

These include:

- Eating a healthy diet and limiting caffeine, alcohol, and sugar intake.
- Practicing regular self-care and relaxation.
- Reducing stress as much as possible.
- Receiving professional help and support for mental health.

Help is Available Day & Night

Dial **9-8-8** to call the National Suicide Prevention Lifeline if you're in crisis. Calls are confidential and free.

A skilled, trained crisis worker will listen to you and tell you about mental health services in your area.

More information about suicide prevention is available from the National Institute of Mental Health (NIMH) and the Centers for Disease Control and Prevention (CDC).

ANXIETY RISK FACTORS

**You Reported
3 Common Risk Factors
for Anxiety**

Anxiety Risk Factors:

Family history of anxiety or depression	<i>No</i>
Feelings of guilt, envy, anger	<i>Yes</i>
Shyness/avoidance of new things	<i>Yes</i>
Fear of criticism	<i>No</i>
Self-critical, feeling incompetent or useless	<i>Yes</i>
Experience of childhood trauma or difficulties	<i>No</i>
Moderate or extreme stress	<i>No</i>

About this assessment

This anxiety assessment uses the Generalized Anxiety Disorder (GAD-2) anxiety scale. It helps determine who should undergo additional screening for anxiety disorders.

The GAD family of measures, including abbreviated and alternative versions, was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc.

Symptom Journal

Symptoms experienced the 1st week:	Day 1 or Sun.	Day 2 or Mon.	Day 3 or Tue.	Day 4 or Wed.	Day 5 or Thu.	Day 6 or Fri.	Day 7 or Sat.
Feeling nervous, anxious or on edge							
Not being able to stop or control worrying							
Worrying too much about different things							
Being so restless that it is hard to sit still							
Trouble relaxing							
Becoming easily annoyed or irritable							
Feeling afraid as if something awful might happen							
Panic attack							

Symptoms experienced the 2nd week:	Day 8 or Sun.	Day 9 or Mon.	Day 10 or Tue.	Day 11 or Wed.	Day 12 or Thu.	Day 13 or Fri.	Day 14 or Sat.
Feeling nervous, anxious or on edge							
Not being able to stop or control worrying							
Worrying too much about different things							
Being so restless that it is hard to sit still							
Trouble relaxing							
Becoming easily annoyed or irritable							
Feeling afraid as if something awful might happen							
Panic attack							

Not everyone with an anxiety disorder experiences every symptom. Some people experience just a few. And the severity of symptoms is different from person to person too. If you are experiencing symptoms not listed in this journal, follow the same format and track them on the reverse of this page.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

THE INFORMATION CONTAINED IN THE RISK ASSESSMENT IS FOR YOUR PERSONAL USE ONLY. THIS RISK ASSESSMENT WILL NOT PROVIDE YOU WITH A MEDICAL SERVICE; IT WILL NOT DIAGNOSE, CURE, MITIGATE, TREAT, OR PREVENT DISEASE OR OTHER CONDITIONS; AND IT IS NOT INTENDED TO PROVIDE A DETERMINATION OR ASSESSMENT OF YOUR STATE OF HEALTH. ALWAYS CONSULT A LICENSED HEALTH CARE PROFESSIONAL SUCH AS YOUR FAMILY PHYSICIAN OR A SPECIALIST TO MAKE HEALTH CARE DECISIONS OR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM. WE MAKE NO WARRANTIES, EXPRESSED OR IMPLIED, IN CONNECTION WITH THE RISK ASSESSMENT OR THE PERFORMANCE OF THE RISK ASSESSMENT, AND NEITHER THE ASSESSMENT PROVIDER, NOR MEDICOM HEALTH INTERACTIVE, WILL BE HELD RESPONSIBLE OR LIABLE FOR ANY COSTS OR DAMAGES RELATED TO USE OF THE RISK ASSESSMENT OR ANY INFORMATION PROVIDED THEREFROM.

Name: _____ mm-dd-yyyy

PAGE 4 of 4

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Mt. General Memorial Clinic

5431 Lake Drive, Minneapolis MN 55401
1-877-555-0000

OUR HOSPITALS

Mt. General Memorial Hospital
2928 Fifth Ave. SW, Edina, MN 53802
(555) 555-1100

Mt. General Memorial Regional Medical Center

982 West Poplar Drive, St. Paul, MN 50013
(555) 555-2100

Mt. General Memorial Community Hospital

4110 South Virago Parkway, Rush City, MN 59545
(555) 555-3100

Mt. General Memorial North Franklinburg Hospital

890 SE 57th St., Franklinburg, MN 56782
(555) 555-4100

Mt. General Memorial Lakeport Hospital

524 SW Monarch St., Lakeport, MN 57653
(555) 555-5100

YOUR RISK ANALYSIS

primaryResult

Anxiety Assessment
Recommended

recommended

Tell a Doctor About
Your Symptoms

not_recommended_symptomatic

Keep a
Symptom Journal

not_recommended_asymptomatic

ANXIETY SYMPTOMS

You Reported
Common Symptoms
of Anxiety

anxietySymptomCount >=1

You Didn't Report
the Common Symptoms
of Anxiety

anxietySymptomCount = 0

ANXIETY RISK FACTORS

You Reported
Common Risk Factors
for Anxiety

anxietyRiskFactorCount >=1

You Didn't Report
Common Risk Factors
for Anxiety

anxietyRiskFactorCount = 0

Anxiety Symptom Count Doc: <https://www.lucidchart.com/documents/edit/30e6b54f-6626-415f-b2e3-446c202cfafd/2>

Anxiety Risk Factor Count Doc: <https://www.lucidchart.com/documents/edit/30e6b54f-6626-415f-b2e3-446c202cfafd/1>

Anxiety primaryResult: <https://www.lucidchart.com/documents/edit/30e6b54f-6626-415f-b2e3-446c202cfafd/4>

Anxiety Data Dictionary: https://www.dropbox.com/s/18k57mag33w1tat/v3%20anxiety_data_dictionary%20-%20.xlsx?dl=0

Symptoms during the past 2 weeks:	Your Answer
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Feeling nervous, anxious, or on edge	Text
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Not being able to stop or control your worrying	Text
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Other symptoms on more than half the days during the past 2 weeks:	Your Answer
--	-------------

Worrying too much about different things	Text
--	------

Trouble relaxing	Text
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Being so restless that it is hard to sit still	Text
--	------

Becoming easily annoyed or ittirable	Text
--------------------------------------	------

Feeling afraid as if something awful might happen	Text
---	------

Panic attacks experienced in the past 4 weeks:	Your Answer
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One or more panic attacks	Text
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anxiousFrequency

worryControlFrequency

problems1_worryAmount ('0' = No, '1' = Yes)

problems2_relaxing ('0' = No, '1' = Yes)

problems2_restlessness ('0' = No, '1' = Yes)

problems1_irritability ('0' = No, '1' = Yes)

problems1_afraid ('0' = No, '1' = Yes)

panicAttacks ('0' = No, '1' = Yes)

Not at all '0' = Not at all
 Several Days '1' = Several Days
 More than half the days '2' = More than half the days
 Nearly every day '3' = Nearly every day

No
 Yes

No
 Yes

Result Messaging
Please check Lucidchart for longest version

Main Message:

<https://www.lucidchart.com/documents/edit/89202060-b64d-4cb5-a974-31f0bfbdd833/1>

Bullets

<https://www.lucidchart.com/documents/edit/89202060-b64d-4cb5-a974-31f0bfbdd833/2>

Anxiety Risk Factors:		
Family history of anxiety or depression	No	riskFactors_familyHist ('0' = No, '1' = Yes) No
Feelings of guilt, envy, anger	Yes	riskFactors_negative ('0' = No, '1' = Yes) Yes
Shyness/avoidance of new things	Yes	riskFactors_shyness ('0' = No, '1' = Yes)
Fear of criticism	No	riskFactors_fearCriticism ('0' = No, '1' = Yes)
Self-critical, feeling incompetent or useless	Yes	riskFactors_selfCritical ('0' = No, '1' = Yes)
Experience of childhood trauma or difficulties	No	childhoodTrauma ('0' = No, '1' = Yes)
Moderate or extreme stress	No	stress ('moderate' OR 'extreme' = Yes, else = No)

Anxiety Risk Factor Count Doc: <https://www.lucidchart.com/documents/edit/30e6b54f-6626-415f-b2e3-446c202cfafd/1>
Anxiety Data Dictionary: https://www.dropbox.com/s/18k57mag33w1tat/v3%20anxiety_data_dictionary%20-%20.xlsx?dl=0