



Your Result

**Anxiety Assessment
Recommended**

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.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Anxiety Risk Factors



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

Lowering Your Risk of Anxiety

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

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 Symptoms

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Symptoms during the past 2 weeks:	Your Answer
Feeling nervous, anxious, or on edge	<i>More than half the days</i>
Not being able to stop or control your worrying	<i>Several days</i>
Other symptoms <i>on more than half the days</i> during the past 2 weeks:	Your Answer
Worrying too much about different things	<i>No</i>
Trouble relaxing	<i>No</i>
Being so restless that it is hard to sit still	<i>No</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.

Take Your Next Steps

Based on your results, we recommend starting a conversation with a mental healthcare provider. Let us help you find one.

[Help Me Find a Doctor](#)

Take the first step towards a healthier you today. Join our Smoking Cessation Program and receive expert guidance and support.

[Enroll Today](#)

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

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