

BECK ANXIETY INVENTORY

Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, including today, by checking next to the number in the corresponding space in the column next to each symptom.

	Not At All	Mildly -- but it didn't bother me much.	Moderately -- it wasn't pleasant at times	Severely -- it bothered me a lot
Numbness or tingling	___ 0	___ 1	___ 2	___ 3
Feeling hot	___ 0	___ 1	___ 2	___ 3
Wobbliness in legs	___ 0	___ 1	___ 2	___ 3
Unable to relax	___ 0	___ 1	___ 2	___ 3
Fear or worst happening	___ 0	___ 1	___ 2	___ 3
Dizzy or lightheaded	___ 0	___ 1	___ 2	___ 3
Heart pounding/racing	___ 0	___ 1	___ 2	___ 3
Unsteady	___ 0	___ 1	___ 2	___ 3
Terrified or afraid	___ 0	___ 1	___ 2	___ 3
Nervous	___ 0	___ 1	___ 2	___ 3
Feeling of choking	___ 0	___ 1	___ 2	___ 3
Hands trembling	___ 0	___ 1	___ 2	___ 3
Shaky/unsteady	___ 0	___ 1	___ 2	___ 3
Fear of losing control	___ 0	___ 1	___ 2	___ 3
Difficulty in breathing	___ 0	___ 1	___ 2	___ 3
Fear of dying	___ 0	___ 1	___ 2	___ 3
Scared	___ 0	___ 1	___ 2	___ 3
Indigestion	___ 0	___ 1	___ 2	___ 3
Faint or lightheaded	___ 0	___ 1	___ 2	___ 3
Face flushed	___ 0	___ 1	___ 2	___ 3
Hot/cold sweats	___ 0	___ 1	___ 2	___ 3
Column Sum	___	___	___	___

Scoring (FOR OFFICE USE ONLY)

Sum each column. Then sum the column totals to achieve a grand score. Write that score here

_____ .

Interpretation

A grand sum between **0 – 21** indicates very low anxiety. That is usually a good thing. However, it is possible that you might be unrealistic in either your assessment which would be denial or that you have learned to “mask” the symptoms commonly associated with anxiety. Too little “anxiety” could indicate that you are detached from yourself, others, or your environment.

A grand sum between **22 – 35** indicates moderate anxiety. Your body is trying to tell you something. Look for patterns as to when and why you experience the symptoms described above. For example, if it occurs prior to public speaking and your job requires a lot of presentations you may want to find ways to calm yourself before speaking or let others do some of the presentations. You may have some conflict issues that need to be resolved. Clearly, it is not “panic” time but you want to find ways to manage the stress you feel.

A grand sum that exceeds **36** is a potential cause for concern. Again, look for patterns or times when you tend to feel the symptoms you have circled. Persistent and high anxiety is not a sign of personal weakness or failure. It is, however, something that needs to be proactively treated or there could be significant impacts to you mentally and physically. You may want to consult a counselor if the feelings persist.