Do YOU Have These Symptoms of Stress or Anxiety?

Take 2.5 minutes to complete the 10 questions below to use a Stress and Anxiety Self Assessment tool designed by the Clinical Research Unit for anxiety and depression at St Vincent’s Hospital and NSW University.

1. In the past four weeks, about how often did you feel tired out for no good reason?
   □ None of the time □ A little of the time □ some of the time □ most of the time □ All of the time.

2. In the past four weeks, how often did you feel nervous?
   □ None of the time □ A little of the time □ some of the time □ most of the time □ All of the time.

3. In the past four weeks, how often did you feel so nervous nothing could calm you down?
   □ None of the time □ A little of the time □ some of the time □ most of the time □ All of the time.

4. In the past four weeks, how often did you feel hopeless?
   □ None of the time □ A little of the time □ some of the time □ most of the time □ All of the time.

5. In the past four weeks, how often did you feel restless or fidgety?
   □ None of the time □ A little of the time □ some of the time □ most of the time □ All of the time.

6. In the past four weeks, how often did you feel so restless you could not sit still?
   □ None of the time □ A little of the time □ some of the time □ most of the time □ All of the time.

7. In the past four weeks, how often did you feel depressed?
   □ None of the time □ A little of the time □ some of the time □ most of the time □ All of the time.

8. In the past four weeks, about how often did you feel that everything was an effort?
   □ None of the time □ A little of the time □ some of the time □ most of the time □ All of the time.

9. In the past four weeks, about how often did you feel so sad that nothing could cheer you up?
   □ None of the time □ A little of the time □ some of the time □ most of the time □ All of the time.

10. In the past four weeks, how often did you feel worthless?
    □ None of the time □ A little of the time □ some of the time □ most of the time □ All of the time.
<table>
<thead>
<tr>
<th>To calculate your score give</th>
<th>What does your score mean</th>
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<tbody>
<tr>
<td>None = 1</td>
<td>1-15 low risk</td>
</tr>
<tr>
<td>Little = 2</td>
<td>16-29 Medium risk</td>
</tr>
<tr>
<td>Some = 3</td>
<td>30-50 High Risk</td>
</tr>
<tr>
<td>Most = 4</td>
<td></td>
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<tr>
<td>All the time = 5</td>
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It is important to note this is a checklist providing only a guide. However if you scored over 16 you should take proactive steps to address your anxiety or stress. Seek out doctor or other professional help.