

# Amen Clinics, Inc.

## Anxiety and Depression Type Questionnaire

Copyright 2003 Daniel Amen and Lisa Routh

Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person who knows you well (such as a spouse, lover or parent) rate you as well. List other person \_\_\_\_\_

0	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable/ Not Known

Other    Self

- |       |       |   |
|-------|-------|---|
| _____ | _____ | 1. Frequent feelings of nervousness or anxiety  |
| _____ | _____ | 2. Panic attacks  |
| _____ | _____ | 3. Avoidance places because of fear of having an anxiety attack   |
| _____ | _____ | 4. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)   |
| _____ | _____ | 5. Periods of heart pounding, nausea or dizziness   |
| _____ | _____ | 6. Tendency to predict the worst  |
| _____ | _____ | 7. Multiple persistent fears or phobias (such as dying, doing something crazy)  |
| _____ | _____ | 8. Conflict avoidance   |
| _____ | _____ | 9. Excessive fear of being judged or scrutinized by others  |
| _____ | _____ | 10. Quick startle or tendency to freeze in anxiety provoking or intense situations  |
| _____ | _____ | 11. Seems shy, timid, and easily embarrassed  |
| _____ | _____ | 12. Bites fingernails or picks skin   |
| _____ | _____ | 13. Persistent sad, or "empty" mood   |
| _____ | _____ | 14. Loss of interest or pleasure in activities that are usually fun, including sex  |
| _____ | _____ | 15. Restlessness, irritability, or excessive crying   |
| _____ | _____ | 16. Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism   |
| _____ | _____ | 17. Sleeping too much or too little, early-morning awakening  |
| _____ | _____ | 18. Appetite and/or weight loss or overeating and weight gain   |
| _____ | _____ | 19. Decreased energy, fatigue, feeling "slowed down"  |
| _____ | _____ | 20. Thoughts of death or suicide, or suicide attempts   |
| _____ | _____ | 21. Difficulty concentrating, remembering, or making decisions  |
| _____ | _____ | 22. Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain |
| _____ | _____ | 23. Persistent negativity or chronic low self-esteem  |
| _____ | _____ | 24. Persistent feel of being dissatisfied or bored  |
| _____ | _____ | 25. Excessive or senseless worrying   |
| _____ | _____ | 26. Upset when things are out of place or things don't go the way you planned   |
| _____ | _____ | 27. Tendency to be oppositional or argumentative  |
| _____ | _____ | 28. Tendency to have repetitive negative or anxious thoughts  |
| _____ | _____ | 29. Tendency toward compulsive behaviors  |
| _____ | _____ | 30. Intense dislike for change  |
| _____ | _____ | 31. Tendency to hold grudges  |
| _____ | _____ | 32. Difficulties seeing options in situations   |
| _____ | _____ | 33. Tendency to hold on to own opinion and not listen to others   |
| _____ | _____ | 34. Needing to have things done a certain way or you become very upset  |

- \_\_\_\_\_ 35. Others complain that you worry too much
- \_\_\_\_\_ 36. Tend to say no without first thinking about question
- \_\_\_\_\_ 37. Periods of abnormally elevated, depressed, or anxious mood
- \_\_\_\_\_ 38. Periods of decreased need for sleep, feel energetic on dramatically less sleep than usual
- \_\_\_\_\_ 39. Periods of grandiose notions
- \_\_\_\_\_ 40. Periods of increased talking or pressured speech
- \_\_\_\_\_ 41. Periods of too many thoughts racing though the mind
- \_\_\_\_\_ 42. Periods of markedly increased energy
- \_\_\_\_\_ 43. Periods of poor judgment that leads to risk-taking behavior (separate from usual behavior)
- \_\_\_\_\_ 44. Periods of inappropriate social behavior
- \_\_\_\_\_ 45. Periods of irritability or aggression
- \_\_\_\_\_ 46. Periods of delusional or psychotic thinking
- \_\_\_\_\_ 47. Short fuse or periods of extreme irritability
- \_\_\_\_\_ 48. Periods of rage with little provocation
- \_\_\_\_\_ 49. Often misinterprets comments as negative when they are not
- \_\_\_\_\_ 50. Periods of spaciness or confusion
- \_\_\_\_\_ 51. Periods of panic and/or fear for no specific reason
- \_\_\_\_\_ 52. Visual or auditory changes, such as seeing shadows or hearing muffled sounds
- \_\_\_\_\_ 53. Frequent periods of deja vu (feelings of being somewhere you have never been)
- \_\_\_\_\_ 54. Sensitivity or mild paranoia
- \_\_\_\_\_ 55. Headaches or abdominal pain of uncertain origin
- \_\_\_\_\_ 56. History of a head injury or family history of violence or explosiveness
- \_\_\_\_\_ 57. Dark thoughts, may involve suicidal or homicidal thoughts
- \_\_\_\_\_ 58. Periods of forgetfulness or memory problems
- \_\_\_\_\_ 59. Trouble staying focused
- \_\_\_\_\_ 60. Spaciness or feeling in a fog
- \_\_\_\_\_ 61. Overwhelmed by tasks of daily living
- \_\_\_\_\_ 62. Feels tired, sluggish, or slow moving
- \_\_\_\_\_ 63. Procrastination, failure to finish things
- \_\_\_\_\_ 64. Chronic boredom
- \_\_\_\_\_ 65. Loses things
- \_\_\_\_\_ 66. Easily distracted
- \_\_\_\_\_ 67. Forgetful
- \_\_\_\_\_ 68. Poor planning skills
- \_\_\_\_\_ 69. Difficulty expressing feelings
- \_\_\_\_\_ 70. Difficulty expressing empathy for others

# *Amen Clinics, Inc.*

## *Anxiety and Depression Type Questionnaire Scoring Key*

For each of the groups listed below add up the number of answers that were scored as three or four and place them on the space provided. A cutoff score is provided with each type. Some people score positively in more than one group; some even score positively in 3 or 4 groups. Use the results to help guide you through the treatment sections of the book.

**1. Pure Anxiety (Questions 1-12)** To meet the criteria for Pure Anxiety six or more questions with a score of three or four is needed, more than four is suspicious.

Pure Anxiety Score of three or four: \_\_\_\_\_

**2. Pure Depression (Questions 13-24)** Six or more of a score of three or four is needed to make the diagnosis, more than four is suspicious.

Pure Depression Score of three or four: \_\_\_\_\_

**3. Mixed Anxiety and Depression (Questions 1-24)** Meets the criteria for both Pure Anxiety and Pure Depression or is suspicious in both categories.

**4. Overfocused Anxiety/Depression (Questions 25-36)** Meets the criteria for pure anxiety and or depression and also scores six or more on the overfocused anxiety/depression questions.

Overfocused Score of three or four: \_\_\_\_\_

**5. Cyclic Anxiety/Depression (Questions 37-46)** Meets the criteria for pure anxiety and or depression and also scores six or more on the cyclic anxiety/depression questions.

Cyclic Score of three or four: \_\_\_\_\_

**6. Temporal Lobe Anxiety/Depression (Questions 47-58)** Meets the criteria for pure anxiety and or depression and also scores six or more on the temporal lobe anxiety/depression questions.

Temporal lobe Score of three or four: \_\_\_\_\_

**7. Unfocused Anxiety/Depression (Questions 59-70)** Meets the criteria for pure anxiety and or depression and also scores six or more on the prefrontal cortex anxiety/depression questions.

Prefrontal cortex Score of three or four: \_\_\_\_\_