

Below is a list of phrases that describe certain feeling that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe.

1 **Anxious mood** 0 1 2 3 4
 Worries, anticipation of the worst, fearful anticipation, irritability.

2 **Tension** 0 1 2 3 4
 Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.

3 **Fears** 0 1 2 3 4
 Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.

4 **Insomnia** 0 1 2 3 4
 Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.

5 **Intellectual** 0 1 2 3 4
 Difficulty in concentration, poor memory.

6 **Depressed mood** 0 1 2 3 4
 Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.

7 **Somatic (muscular)** 0 1 2 3 4
 Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.

8 **Somatic (sensory)** 0 1 2 3 4
 Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.

9 **Cardiovascular symptoms** 0 1 2 3 4
 Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.

10 **Respiratory symptoms** 0 1 2 3 4
 Pressure or constriction in chest, choking feelings, sighing, dyspnea.

11 **Gastrointestinal symptoms** 0 1 2 3 4
 Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.

12 **Genitourinary symptoms** 0 1 2 3 4
 Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.

13 **Autonomic symptoms** 0 1 2 3 4
 Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.

14 **Behavior at Interview** 0 1 2 3 4
 Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.