

Mathers Clinic

Sheehan Patient Rated Anxiety Scale

Name: _____ Date: _____

During the past week, how much did you suffer from... (Check only one answer for each question)

| | Not At All | A Little | Moderately | Quite A Bit | Extremely |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Difficulty in getting your breath, smothering, or over breathing | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Choking sensation or lump in throat | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Skipping, racing, or pounding of your heart | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chest pain, pressure, or discomfort | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Bouts of excessive sweating | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Faintness, light-headedness, or dizzy spells | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sensation of rubbery or "jelly" legs | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Feeling off balance or unsteady like you might fall | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Nausea or stomach problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Feeling that things around you are strange, unreal, foggy, or detached from you | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Feeling outside or detached from part or all of your body, or a floating feeling | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Tingling or numbness in pans of your body | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hot flashes or cold chills | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Shaking or trembling | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Having a fear that you are dying or that something terrible is about to happen | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Feeling you are losing control or going insane | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sudden anxiety attacks with three or more of the symptoms (listed above) that occur when you are in or about to go into a situation that is likely, from your experience, to bring on an attack | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sudden unexpected anxiety attacks with three or more symptoms (listed above) that occur with little or no provocation (ie., when you are NOT in a situation that is likely, from your experience, to bring on an attack) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



| | Not At All | A Little | Moderately | Quite A Bit | Extremely |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Sudden unexpected spells with only one or two symptoms (listed above) that occur with little or no provocation (ie., when you are NOT in a situation that is likely, from your experience, to bring on an attack) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Anxiety episodes that build up as you anticipate doing something that is likely, from your experience, to bring on anxiety that is more intense than most people experience in such situations | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Avoiding situations because they frighten you | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Being dependent on others | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Tension and inability to relax | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Anxiety, nervousness, restlessness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Spells of increased sensitivity to sound, light, or touch | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Attacks of diarrhea | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Worrying about your health too much | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Feeling tired, weak, and exhausted easily | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Headaches or pains in neck or head | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Difficulty in falling asleep | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Waking in the middle of the night, or restless sleep | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Unexpected waves of depression occurring with little or no provocation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Emotions and moods going up and down a lot in response to changes around you | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Recurrent and persistent ideas, thoughts, impulses, or images that are intrusive, unwanted, senseless, or repugnant | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Having to repeat the same action in a ritual, e.g. checking, washing, counting repeatedly, when it's not really necessary | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Name: _____ Date: _____



Crystal Lake: 145 S Virginia St, Crystal Lake, IL 60014

phone: 815.444.9999

fax: **815.986.1363**

Rockford: 6090 Strathmoor Dr, Ste 1, Rockford, IL 61107

phone: 815.444.9999

fax: **815.986.1363**

Woodstock: 715 W Judd St, Woodstock, IL 60098

phone: 815.444.9999

fax: **815.986.1363**