Derbyshire Healthcare NHS

NHS Foundation Trust

Glasgow Anxiety Scale

(score of 15 or above indicates anxiety)

Questions		Prompts	no	Some times	a lot	
1		Do you worry a lot?	Feel wound up? Get worked up?	0	1	2
2		Do you have lots of thoughts in your head?	Can't stop thinking. Can't keep thoughts away.	0	1	2
3		Do you worry about your family or friends?	Think something bad will happen.	0	1	2
4		Do you worry about the future?	Link prompt to individual.	0	1	2
5	Jan .	Do you worry that something bad will happen?		0	1	2
6		Do you worry about being ill?	Do you feel poorly.	0	1	2
7		Do you worry about doing something new?	Afraid to try new things.	0	1	2
8	9.00 11.00 1.00 3.00 3.00 1.00	Do you worry about what you are doing tomorrow?		0	1	2
9		Can you stop yourself worrying?	Make yourself think about something else.	2	1	0

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Questions		Prompts	no	Some times	a lot	
10	Mr. Stranger	Do you worry about dying?		0	1	2
11		Are you scared of the dark?	Do you turn the lights off at night.	0	1	2
12		Do you feel scared when you are high up?	Do you like multi storey car parks, or tall buildings	0	1	2
13		Do you feel scared in lifts?	Would you get in one.	0	1	2
14		Are you scared of dogs?	Would you stroke one.	0	1	2
15	XX	Are you scared of spiders?	Would you touch one	0	1	2
16		Are you scared of going to the Doctors or Dentist?	Would you go if you needed to.	0	1	2
17		Are you scared of meeting new people?	.Are you shy.	0	1	2
18		Are you scared in busy places or crowds?	Such as Intu or supermarkets.	0	1	2

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Questions		Prompts	no	Some times	a lot	
19		Are you scared of open spaces?	Where there is nothing around you.	0	1	2
20		Do you get hot and sweaty?	All hot and bothered.	0	1	2
21	FOT	Does your heart beat fast?	Feel your heart is thumping.	0	1	2
22		Do your hands and legs shake?		0	1	2
23	J.	Do you get butterflies in your stomach?	Knots in your stomach, fluttering.	0	1	2
24		Do you find it hard to breathe?	Are you out of breath a lot.	0	1	2
25		Do you have to wee more often?		0	1	2
26	Å↔£	Is it difficult to sit still?	Feel you can't relax.	0	1	2
27		Do you panic?	Get in a panic or a state.	0	1	2
		1	Total			
			score:			

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