






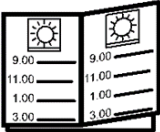



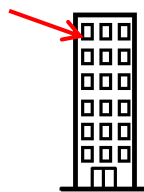
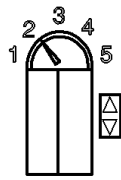




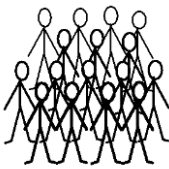
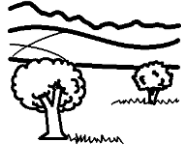



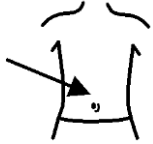
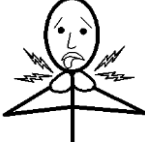
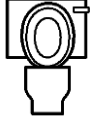
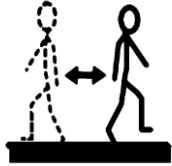



Glasgow Anxiety Scale

(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		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		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

Questions		Prompts	no	Some times	a lot
10		Do you worry about dying?	0	1	2
11		Are you scared of the dark?	0	1	2
12		Do you feel scared when you are high up?	0	1	2
13		Do you feel scared in lifts?	0	1	2
14		Are you scared of dogs?	0	1	2
15		Are you scared of spiders?	0	1	2
16		Are you scared of going to the Doctors or Dentist?	0	1	2
17		Are you scared of meeting new people?	0	1	2
18		Are you scared in busy places or crowds?	0	1	2

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		Does your heart beat fast?	Feel your heart is thumping.	0	1	2
22		Do your hands and legs shake?		0	1	2
23		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		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
Total score:						