

# Anxiety Index



Patient's Name \_\_\_\_\_

Date \_\_\_\_\_

This tool is intended to help you begin to explore whether the feelings, thoughts, or behaviors you may be experiencing could be anxiety. It is not intended to take the place of a professional evaluation or to serve as a diagnosis.

Select the best answer for each of the questions below and refer to the guidelines on scoring at the bottom of the page.

Over the last two weeks, how often have you been bothered by any of the following problems (circle 0, 1, 2, or 3 for each question).

	Not at All	Several Days	More Than Half the Days	Nearly Every Day
Feeling Nervous, Anxious, or on Edge	0	1	2	3
Not Being Able to Stop or Control Worrying	0	1	2	3
Trouble Relaxing	0	1	2	3
Being so Restless That it's Hard to Sit Still	0	1	2	3
Becoming Easily Annoyed or Irritable	0	1	2	3
Feeling Afraid as if Something Awful Might Happen	0	1	2	3
<b>Total (All Columns)</b>				

**If You Checked Off Any Problems, How Difficult Have These Made it For You to Do Your Work, Take Care of Things at Home, or Get Along with Other People?**

- Not Difficult at All
- Somewhat Difficult
- Very Difficult
- Extremely Difficult

# Depression Index



CAROLINAS CENTER FOR  
Oral & Facial Surgery

Patient's Name \_\_\_\_\_

Date \_\_\_\_\_

Over the last two weeks, how often have you been bothered by any of the following problems (circle 0, 1, 2, or 3 for each question).

	Not at All	Several Days	More Than Half the Days	Nearly Every Day
Little Interest or Pleasure in Doing Things	0	1	2	3
Feeling Down, Depressed, or Hopeless	0	1	2	3
Trouble Falling or Staying Asleep, or Sleeping Too Much	0	1	2	3
Feeling Tired or Having Little Energy	0	1	2	3
Feeling Bad About Yourself, That You are a Failure, or Have Let Yourself or Your Family Down	0	1	2	3
Feeling Afraid as if Something Awful Trouble Concentrating on Things Such as Reading the Newspaper or Watching Television	0	1	2	3
Moving or Speaking so Slowly That Other People Could Have Noticed, or the Opposite—Being so Fidgety or Restless That You Have Been Moving Around a Lot More Than Usual	0	1	2	3
Thoughts that You Would be Better Off Dead or Hurting Yourself	0	1	2	3
<b>Total (All Columns)</b>				

**If You Checked Off Any Problems, How Difficult Have These Made it For You to Do Your Work, Take Care of Things at Home, or Get Along with Other People?**

- Not Difficult at All
- Somewhat Difficult
- Very Difficult
- Extremely Difficult

# What Does My Depression Index Score Mean?

## 1-9 Points

### **Low to Mild Anxiety / Depression Range**

Your score falls into the low to mild range which means you're doing quite well.

## 10-14 Points

### **Medium Anxiety / Depression Range**

Your score falls into the moderate range which means you may be experiencing moderate anxiety or depression. We recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may help to reduce the intensity and duration of your anxiety symptoms.

## 15-21 Points

### **High Anxiety / Depression Range**

Your score falls into the high range which means you may be experiencing anxiety or depression. We strongly recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may reduce the intensity and duration of your anxiety symptoms.

## Resources

### **South Carolina Department of Health**

[scdmh.net](http://scdmh.net)

**833-364-2274**

If you or someone you know is experiencing a mental health crisis, contact DMH's Mobile Crisis Team 24/7 toll-free statewide.

### **SAMHSA Nationwide Helpline**

[samhsa.gov/find-help/national-helpline](http://samhsa.gov/find-help/national-helpline)

**1-800-662-HELP (4357)**

SAMHSA's National Helpline is a free, confidential 24/7, 365-day-a-year treatment referral and information serviced (in English and Spanish) for individuals and families facing mental and / or substance use disorders.

### **The Eisenberg Family Depression Center**

[depressioncenter.org/outreach-education/community-education/depression-toolkit](http://depressioncenter.org/outreach-education/community-education/depression-toolkit)

The Eisenberg Family Depression Center Toolkit provides information, tools, support, and resources to guide individuals through their mental health journeys. The toolkit is a resource for people experiencing concerns with mood, stress, and / or anxiety, and can be especially helpful for those who have been recently diagnosed with and / or are receiving treatment for depression or bipolar disorders. The toolkit also offers help to family members and caregivers of those who experience mood disorders and all the people who wish to better understand depressive illness and related disorders. The toolkit was created by experts from the Eisenberg Family Depression Center with the help of individuals with lived experience of mood and anxiety disorders and a group of external professionals.