

# Amen Clinics Anxiety and Depression Type Questionnaire

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Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person who knows you well (such as a spouse, lover, or parent) rate you as well. List other person: \_\_\_\_\_

Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable
0	1	2	3	4	NA

Other    Self

- |       |       |  |
|-------|-------|--|
| _____ | _____ | 1. Frequent feelings of nervousness or anxiety   |
| _____ | _____ | 2. Panic attacks   |
| _____ | _____ | 3. Avoid places for fear of having an anxiety attack                                   |
| _____ | _____ | 4. Muscle tension (such as headaches or neck and shoulder tension)                     |
| _____ | _____ | 5. Heart pounding, nausea, or dizziness (not exercise related)                         |
| _____ | _____ | 6. Predicts the worst in a situation   |
| _____ | _____ | 7. Persistent fears or phobias (such as dying, doing something crazy)                  |
| _____ | _____ | 8. Tendency to avoid conflict  |
| _____ | _____ | 9. Excessive fear of being judged or scrutinized by others                             |
| _____ | _____ | 10. Easily startled  |
| _____ | _____ | 11. Tendency to freeze in anxiety provoking or intense situations                      |
| _____ | _____ | 12. Shy, timid, and easily embarrassed   |
| _____ | _____ | 13. Bites fingernails or picks skin  |
| _____ | _____ | 14. Persistent depressed, sad, or "blue" mood  |
| _____ | _____ | 15. Loss of interest or pleasure from usually fun activities, including sex            |
| _____ | _____ | 16. Excessive crying   |
| _____ | _____ | 17. Feelings of guilt, worthlessness, helplessness, hopelessness, or pessimism         |
| _____ | _____ | 18. Trouble going to sleep or waking up too early and being unable to go back to sleep |
| _____ | _____ | 19. Decreased appetite   |
| _____ | _____ | 20. Decreased energy, fatigue, feeling "slowed down"                                   |
| _____ | _____ | 21. Thoughts of death or suicide, or suicide attempts                                  |
| _____ | _____ | 22. Difficulty concentrating, remembering, or making decisions                         |
| _____ | _____ | 23. Persistent physical symptoms, such as headaches, digestive disorders, or           |

Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable
0	1	2	3	4	NA

Other    Self

- \_\_\_\_\_ \_\_\_\_\_ chronic pain
- \_\_\_\_\_ \_\_\_\_\_ 24. Persistent negativity or chronic low self-esteem
- \_\_\_\_\_ \_\_\_\_\_ 25. Chronic low self-esteem
- \_\_\_\_\_ \_\_\_\_\_ 26. Persistent feeling of being dissatisfied or bored
- \_\_\_\_\_ \_\_\_\_\_ 27. Excessive or senseless worrying
- \_\_\_\_\_ \_\_\_\_\_ 28. Upset when things are out of place
- \_\_\_\_\_ \_\_\_\_\_ 29. Upset when things don't go the way you planned
- \_\_\_\_\_ \_\_\_\_\_ 30. Tendency to be oppositional or argumentative
- \_\_\_\_\_ \_\_\_\_\_ 31. Tendency to have repetitive negative or anxious thoughts
- \_\_\_\_\_ \_\_\_\_\_ 32. Tendency toward compulsive behaviors
- \_\_\_\_\_ \_\_\_\_\_ 33. Dislike for change
- \_\_\_\_\_ \_\_\_\_\_ 34. Tendency to hold grudges
- \_\_\_\_\_ \_\_\_\_\_ 35. Difficulty seeing options in situations
- \_\_\_\_\_ \_\_\_\_\_ 36. Tendency to hold on to own opinion and not listen to others
- \_\_\_\_\_ \_\_\_\_\_ 37. Need to have things done a certain way or you become very upset
- \_\_\_\_\_ \_\_\_\_\_ 38. Others complain that you worry too much
- \_\_\_\_\_ \_\_\_\_\_ 39. Tend to say no without first thinking about question
- \_\_\_\_\_ \_\_\_\_\_ 40. Rigid
- \_\_\_\_\_ \_\_\_\_\_ 41. Short fuse or periods of extreme irritability
- \_\_\_\_\_ \_\_\_\_\_ 42. Misinterprets comments as negative when they are not
- \_\_\_\_\_ \_\_\_\_\_ 43. Periods of spaciness or confusion
- \_\_\_\_\_ \_\_\_\_\_ 44. Periods of panic and/or fear for no specific reason
- \_\_\_\_\_ \_\_\_\_\_ 45. Visual or auditory changes, such as seeing shadows or hearing muffled sounds
- \_\_\_\_\_ \_\_\_\_\_ 46. Frequent periods of *déjà vu* (feelings of being somewhere you have never been)
- \_\_\_\_\_ \_\_\_\_\_ 47. Overly sensitive or mild paranoia
- \_\_\_\_\_ \_\_\_\_\_ 48. Headaches or abdominal pain of uncertain origin
- \_\_\_\_\_ \_\_\_\_\_ 49. History of a head injury
- \_\_\_\_\_ \_\_\_\_\_ 50. Family history of violence or explosiveness
- \_\_\_\_\_ \_\_\_\_\_ 51. Dark thoughts, may involve suicidal or homicidal thoughts
- \_\_\_\_\_ \_\_\_\_\_ 52. Periods of forgetfulness or memory problems
- \_\_\_\_\_ \_\_\_\_\_ 53. Reading problems
- \_\_\_\_\_ \_\_\_\_\_ 54. Periods of abnormally elevated moods that cycle with normal or depressed moods
- \_\_\_\_\_ \_\_\_\_\_ 55. Periods of decreased need for sleep and feel energetic despite less sleep than

Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable
0	1	2	3	4	NA

Other    Self

- |       |       |   |
|-------|-------|---|
| _____ | _____ | usual   |
| _____ | _____ | 56. Periods of grandiose or high-flying notions   |
| _____ | _____ | 57. Periods of increased talking or pressured speech  |
| _____ | _____ | 58. Periods of too many thoughts racing through the mind  |
| _____ | _____ | 59. Periods of markedly increased energy  |
| _____ | _____ | 60. Periods of poor judgment and risk-taking behavior, different than usual behavior                                  |
| _____ | _____ | 61. Periods of inappropriate social behavior  |
| _____ | _____ | 62. Periods of irritability or aggression   |
| _____ | _____ | 63. Periods of delusional or psychotic thinking   |
| _____ | _____ | 64. Periods of feeling or acting hypersexual  |
| _____ | _____ | 65. Periods of feeling or acting very religious, different than how you usually feel                                  |
| _____ | _____ | 66. Periods of spending excessive amounts of money  |
| _____ | _____ | 67. Trouble staying focused   |
| _____ | _____ | 68. Feeling spacey or in a fog  |
| _____ | _____ | 69. Feeling overwhelmed by tasks of daily living  |
| _____ | _____ | 70. Feeling tired, sluggish, or slow moving   |
| _____ | _____ | 71. Procrastination, failure to finish things   |
| _____ | _____ | 72. Chronic boredom   |
| _____ | _____ | 73. Loses things  |
| _____ | _____ | 74. Easily distracted   |
| _____ | _____ | 75. Poor planning skills  |
| _____ | _____ | 76. Difficulty expressing thoughts and feelings   |
| _____ | _____ | 77. Difficulty expressing empathy for others  |
| _____ | _____ | 78. Trouble collecting your thought   |
| _____ | _____ | 79. Trouble with organization   |
| _____ | _____ | 80. Excessive sleeping  |
| _____ | _____ | 81. Increased appetite, binge eating  |
| _____ | _____ | 82. Winter depressions, mood problems tend to occur in the fall and winter months and recede in the spring and summer |