

Amen Clinic Anxiety and Depression Type Questionnaire

Copyright 2003 Daniel Amen and Lisa Routh

Used with permission from authors.

Please rate yourself on each of the symptoms 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 on a separate questionnaire.

List other person _____.

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

- ___ 1. Frequent feelings of nervousness or anxiety
- ___ 2. Panic attacks
- ___ 3. Avoidance of places because of fear or having an anxiety attack
- ___ 4. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)
- ___ 5. Periods of heart pounding, nausea or dizziness
- ___ 6. Tendency to predict the worst
- ___ 7. Multiple persistent fears or phobias (such as dying, doing something crazy)
- ___ 8. Conflict avoidance
- ___ 9. Excessive fear of being judged or scrutinized by others
- ___ 10. Quick startle or tendency to freeze in anxiety provoking or intense situations
- ___ 11. Seems shy, timid, and easily embarrassed
- ___ 12. Bites fingernails or picks skin

- ___ 13. Persistent sad or "empty" mood
- ___ 14. Loss of interest or pleasure in activities that are usually fun, including sex
- ___ 15. Restlessness, irritability, or excessive crying
- ___ 16. Feelings of guilt, worthlessness, helplessness, pessimism
- ___ 17. Sleeping too much or too little, early morning awakening
- ___ 18. Appetite and/or weight loss or overeating and weight gain
- ___ 19. Decreased energy, fatigue, feeling "slowed down"
- ___ 20. Thoughts of death or suicide, or suicide attempts
- ___ 21. Difficulty concentrating, remembering, or making decisions
- ___ 22. Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain
- ___ 23. Persistent negativity or chronic low self-esteem
- ___ 24. Persistent feeling of being dissatisfied or bored

- ___ 25. Excessive or senseless worrying
- ___ 26. Upset when things are out of place or things do not go the way you planned
- ___ 27. Tendency to be oppositional or argumentative
- ___ 28. Tendency to have repetitive negative or anxious thoughts
- ___ 29. Tendency toward compulsive behavior
- ___ 30. Intense dislike for change
- ___ 31. Tendency to hold grudges
- ___ 32. Difficulties seeing options in situations
- ___ 33. Tendency to hold on to own opinion and not listen to others
- ___ 34. Needing to have things done a certain way or you become very upset
- ___ 35. Others complain that you worry too much
- ___ 36. Tend to say no without first thinking about the question

- ___ 37. Periods of abnormally elevated, depressed, or anxious mood
- ___ 38. Periods of decreased need for sleep, feel energetic on dramatically less sleep than usual
- ___ 39. Periods of grandiose notions
- ___ 40. Periods of increased talking or pressured speech
- ___ 41. Periods of too many thoughts racing through the mind
- ___ 42. Periods of markedly increased energy
- ___ 43. Periods of poor judgment that leads to risk-taking behavior (separate from usual behavior)
- ___ 44. Periods of inappropriate social behavior
- ___ 45. Periods of irritability or aggression
- ___ 46. Periods of delusional or psychotic thinking

- ___ 47. Short fuse or periods of extreme irritability
- ___ 48. Periods of rage with little provocation
- ___ 49. Often misinterprets comments as negative when they are not
- ___ 50. Periods of spaciness or confusion
- ___ 51. Periods of panic and/or fear for no specific reason
- ___ 52. Visual or auditory changes, such as seeing shadows or hearing muffled sounds
- ___ 53. Frequent periods of déjà vu (feelings of being somewhere you have never been)
- ___ 54. Sensitivity or mild paranoia
- ___ 55. Headaches or abdominal pain of uncertain origin
- ___ 56. History of a head injury or family history of violence or explosives
- ___ 57. Dark thoughts, may involve suicidal or homicidal thoughts
- ___ 58. Periods of forgetfulness or memory problems

- ___ 59. Trouble staying focused
- ___ 60. Spaciness or feeling in a fog
- ___ 61. Overwhelmed by tasks of daily living
- ___ 62. Feel tired, sluggish, or slow moving
- ___ 63. Procrastination, failure to finish things
- ___ 64. Chronic boredom
- ___ 65. Lose things
- ___ 66. Easily distracted
- ___ 67. Forgetful
- ___ 68. Poor planning skills
- ___ 69. Difficulty expressing feelings
- ___ 70. Difficulty expressing empathy for others