

Anxiety and Depression Detector (Means-Christensen et al, 2005)

In the past 3 months.....

- | | | |
|--|-----|----|
| 1. Did you ever have a spell or an attack when all of a sudden you felt very frightened, anxious or very uneasy? | YES | NO |
| 2. Would you say that you have been bothered by “nerves” or feeling anxious or on edge? | YES | NO |
| 3. Would you say that being anxious or uncomfortable around other people is a problem for you in your life? | YES | NO |
| 4. Did you have a period of one week or more when you lost interest in most things like work, hobbies, and other things you usually enjoyed? | YES | NO |
| 5. Some people have terrible experiences happen to them, like being attacked or threatened with a weapon; being in a fire or a bad traffic accident; being sexually assaulted; or seeing someone being badly injured or killed. Has anything like this ever happened to you? | YES | NO |
| IF YES: in the past 3 months, have you had recurrent dreams or nightmares about this experience, or recurrent thoughts or “flashbacks” (times when you felt as though it was happening again, even though it wasn’t?). | YES | NO |

Note: a positive answer to any of questions 1 through 4 or the second part of item 5 is considered a positive screen.