

DSM-5 Generalized Anxiety Disorder Checklist

Name:

Date:

Instructions: Respond honestly to each question with "Yes" or "No."

Questions	YES	NO
Do you feel nervous, anxious, or on edge most of the time?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have trouble controlling your worry?	<input type="checkbox"/>	<input type="checkbox"/>
Do you worry too much about various aspects of life (e.g., health, finances, relationships, work)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience difficulty in relaxing?	<input type="checkbox"/>	<input type="checkbox"/>
Are you often restless and find it challenging to sit still?	<input type="checkbox"/>	<input type="checkbox"/>
Do you become easily irritated or feel on edge?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience muscle tension or physical symptoms of anxiety?	<input type="checkbox"/>	<input type="checkbox"/>
Are you frequently fatigued or lacking energy?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty concentrating or often feel your mind going blank?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have sleep disturbances, such as difficulty falling or staying asleep, or restless and unsatisfying sleep?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience excessive worry about future events or situations, even when there is little or no reason to be concerned?	<input type="checkbox"/>	<input type="checkbox"/>
Are you constantly preoccupied with potential negative outcomes or "what-if" scenarios?	<input type="checkbox"/>	<input type="checkbox"/>

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Jianjun Gao



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