

Likert Anxiety Scale

Instructions: Read each of the symptoms below and mark and X on the line to the right showing how intense you are feeling that symptom **right now**. The intensity of feeling goes from 0, meaning none, to 10, meaning extreme.

Symptom	0	1	2	3	4	5	6	7	8	9	10
Tense	—	—	—	—	—	—	—	—	—	—	—
Panicky	—	—	—	—	—	—	—	—	—	—	—
Uneasy	—	—	—	—	—	—	—	—	—	—	—
Nervous	—	—	—	—	—	—	—	—	—	—	—
Anxious	—	—	—	—	—	—	—	—	—	—	—
Shaky	—	—	—	—	—	—	—	—	—	—	—
On edge	—	—	—	—	—	—	—	—	—	—	—
Restless	—	—	—	—	—	—	—	—	—	—	—
Insecure	—	—	—	—	—	—	—	—	—	—	—

Score: _____

Date _____ Patient ID _____