

WHAT'S HAPPENING INSIDE YOU?

The following survey has been designed based on GAD-7 to help you evaluate the possibility that you are experiencing a high level of anxiety in your life.

It is important to note that this is NOT A DIAGNOSTIC TOOL, but rather a guide to help you become more aware of your inner state. Depending on your mood on the day you take this survey, your results may vary, so it is important to remember that these values are indicative and not definitive.

Do not hesitate to seek help or professional support if these results challenge or concern you. Remember that the first step to feeling better is being aware of what is happening to you.

OVER THE LAST 2 WEEKS, HOW OFTEN HAVE YOU EXPERIENCED THE FOLLOWING PROBLEMS?

	Not at all	Several days	More than half the days	Nearly everyday
1. Feeling nervous, anxious, or on edge? (difficulty concentrating, poor memory, dissatisfaction with leisure activities, mood swings throughout the day).	0	1	2	3
2. Not being able to stop or control worrying? (anticipation of the worst, apprehension, constant thoughts).	0	1	2	3
3. Worrying too much about different things? (Racing thoughts, everything seems to be a problem, your mind jumps from one problem to the next and can't rest).	0	1	2	3
4. Trouble relaxing? (Feeling of tension, easily fatigued, inability to relax, startle reactions, easy crying, trembling, feeling restless).	0	1	2	3
5. Being so restless that it is hard to sit still? (Difficulty falling asleep, interrupted sleep, unsatisfying sleep and tiredness upon waking up).	0	1	2	3
6. Becoming easily annoyed or irritable? (More irritable or intolerant than usual, even the slightest comment can bother you or make you defensive, everyone seems to be against you).	0	1	2	3
7. Feeling afraid as if something awful might happen? (fear of something terrible happening, of the dark, of strangers, of being alone, of traffic, of crowds, etc.).	0	1	2	3

TOTAL _____

If you scored a total:

- Lower or equal to 4 → Anxiety level: **Minimal**
- Between 5 and 9 → Anxiety level: **Mild**
- Between 10 and 14 → Anxiety level: **Moderate**
- 15 or above → Anxiety level: **Severe**