

GENERALISED ANXIETY CHECKLIST

This checklist is designed as a measure of disorder symptomatology. It must be interpreted in the context of individual client circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

- Excessive anxiety and uncontrollable worry most of the time
- Restlessness or agitation
- Being easily fatigued
- Memory or concentration problems
- Irritability
- Muscle tension
- Sleep disturbance

If a patient has experienced the **first symptom** in the above checklist, accompanied by **3 or more** of the other 6 symptoms **most of the time** over at least a **6 month period**, they may be experiencing **Generalised Anxiety Disorder**.

In this case, it is recommended that they be referred to a psychologist for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology at **strategicpsychology.com.au**.

Reference:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5)*. Washington, D.C.: American Psychiatric Association.