

Burns Anxiety Inventory

Rate all of the following symptoms with a number from 0-3

- 0 = Not at all
- 1 = Somewhat
- 2 = Moderately
- 3 = A lot

Total Score of

- 0-4 Indicates Minimal or no anxiety
- 5-10 Indicates Borderline anxiety
- 11-20 Indicates Mild anxiety
- 21-30 Indicates Moderate Anxiety
- 31-50 Indicate Severe Anxiety
- 51-99 Indicates Extreme Anxiety or Panic

Category I: Anxious Feelings

- Anxiety, nervousness, worry or fear
- Feeling that things around you are strange, unreal or foggy
- Feeling detached from all or part of your body
- Sudden unexpected panic spells
- Apprehension or a sense of impending doom
- Feeling tense, stressed, "uptight" or on edge

Category II: Anxious Thoughts

- Difficulty concentrating
- Racing thoughts or having your mind jump from one thing to the next
- Frightening fantasies or daydreams
- Feeling that you're on the verge of losing control
- Fears of cracking up or going crazy
- Fears of fainting or passing out
- Fears of physical illness or heart attacks or dying
- Concerns about looking foolish or inadequate in front of others
- Fears of being alone, isolated, or abandoned
- Fears of criticism
- Fears that something terrible is about to happen

Category III: Physical Symptoms

- Skipping or racing or pounding of the heart (sometimes called palpitations)
- Pain, pressure, or tightness in the chest
- Tingling or numbness in the toes or fingers
- Butterflies or discomfort in the stomach
- Constipation or diarrhea
- Restlessness or jumpiness
- Tight, tense muscles
- Sweating not brought on by heat
- A lump in the throat
- Trembling or shaking
- Rubbery or "jelly" legs
- Feeling dizzy, lightheaded, or off balance
- Choking or smothering sensations or difficulty breathing
- Headaches or pains in the neck or back
- Hot flashes or cold chills
- Feeling tired, weak or easily exhausted