

# ANXIETY DISORDER CHECKLIST

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Name of child or adolescent

Age

Each item should be checked off using the following rating scale

- 0 Not at all, never occurs, does not apply
- 1 Mild, sometimes observed, applies to some extent
- 2 Moderate, often observed, certainly applies
- 3 Severe, frequently observed, strongly applies

## Disturbed sleep

Has difficulties getting to sleep.....	0	1	2	3
Restless and anxious during the night.....	0	1	2	3
Has nightmares or night terrors.....	0	1	2	3

## Afraid of new experiences

Wants to do something new but panics at the last minute .....	0	1	2	3
Worries too much before a new experience.....	0	1	2	3
Won't try new things, panics if forced .....	0	1	2	3
Gets very worried about going back to school after a break.....	0	1	2	3
Needs a lot help from adults to cope with new experiences .....	0	1	2	3
Hides or locks self away to avoid new experiences.....	0	1	2	3
Won't try unfamiliar food, panics if forced to try .....	0	1	2	3

## Has physical signs of anxiety

Has nervous blink, twitch, or other mannerism.....	0	1	2	3
Gets sweaty palms when anxious.....	0	1	2	3
Goes pale under pressure .....	0	1	2	3
Stomach pain or vomits in stressful situations.....	0	1	2	3
Has panic attacks and seems overwhelmed by anxiety .....	0	1	2	3
Complains of racing heart rate .....	0	1	2	3
Has a tantrum or clings to adults when anxious .....	0	1	2	3
'Freezes' and can hardly move or speak when anxious .....	0	1	2	3

## Anxious about being separated from parent

Fights or panics when being separated from parent.....	0	1	2	3
Worries about parents being OK when separated from them .....	0	1	2	3
Wants parent to stay while they fall asleep .....	0	1	2	3
Unwilling to sleep in own bedroom .....	0	1	2	3
Unwilling to sleep over at another person's house.....	0	1	2	3
Worries about when parent is returning to pick them up.....	0	1	2	3
Panics if parent is late to pick them up.....	0	1	2	3



## Specific phobias

Frightened of animals even though they are harmless.....0	1	2	3
Frightened by clowns or other 'entertaining' characters.....0	1	2	3
Frightened of medical procedures, refuses treatment, panics.....0	1	2	3
Very worried about everyday events such as storms or power cuts.....0	1	2	3
Panics in enclosed or crowded spaces .....0	1	2	3
Unrealistically worried about germs, accidents or illness.....0	1	2	3

## Obsessions or compulsions

Obsessional behaviour, such as washing hands, counting steps .....	0	1	2	3
Has thoughts, images, or impulses that will not go away .....	0	1	2	3
Likes to follow an exact routine when eating or dressing.....	0	1	2	3

Unusually upset by tragic events

Gets very upset by news about disasters, accidents, etc. ....	0	1	2	3
Plans elaborate escapes to avoid possible disasters.....	0	1	2	3
Worries about unlikely catastrophes.....	0	1	2	3
Needs excessive reassurance that they and their family are safe .....	0	1	2	3
Has an extreme reaction to a trauma they have experienced.....	0	1	2	3

## Social anxiety

Unreasonably shy with unfamiliar people .....	0	1	2	3
Unwilling to join in with other children .....	0	1	2	3
Over-sensitive and self-conscious, very easily embarrassed .....	0	1	2	3
Hates being watched .....	0	1	2	3
Very shy and reluctant to perform, even in a group .....	0	1	2	3

Positive characteristics and strengths (describe at least 3)

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## Important notes

This checklist can be used to help diagnose and assess Anxiety Disorder. However, several conditions have similar characteristics and there may a range of explanations for the observations made. Specialist assessment is necessary for a formal diagnosis.

- Supporting notes on Anxiety Disorder (pages 116–21)
- Guides for discussions with colleagues, parents and students (pages 184–8)

