

## Feelings

Office Use Only SOF ID#	Acrostic	Staff ID#

## Choose the best answer for how you have been feeling over the LAST MONTH.

1	Have you felt keyed up or on edge?	O Yes	○ No
2	Have you been worrying a lot?	○ Yes	○ No
3	Have you been irritable?	○ Yes	○ No
4	Have you had difficulty relaxing?	○ Yes	○ No
5	Have you been sleeping poorly?	○ Yes	○ No
6	Have you had headaches or neckaches?	○ Yes	○ No
7	Have you had any of the following: trembling, tingling, dizzy spells, sweating, diarrhea or needing to pass water more often than usual?	○ Yes	○ No
8	Have you been worried about your health?	○ Yes	○ No
9	Have you had difficulty falling asleep?	○ Yes	○ No
10	Have you been lacking energy?	○ Yes	○ No
11	Have you lost interest in things?	○ Yes	O No
12	Have you lost confidence in yourself?	○ Yes	○ No
13	Have you felt hopeless?	O Yes	O No
14	Have you had difficulty concentrating?	O Yes	O No
15	Have you lost weight (due to poor appetite)?	○ Yes	O No
16	Have you been waking early?	O Yes	O No
17	Have you felt slowed up?	○ Yes	O No
18	Have you tended to feel worse in the morning?	○ Yes	○ No

V8ANXSC

V8ANX50

V8DEPSC V8DEP50



Version 1.1 12.13.2001 SOFA1AnxietyScaleC



