

Generalized Anxiety Disorder Symptom Checklist

Check for symptoms of generalized anxiety disorder you may experience. Complete the checklist.

Are you troubled by the key symptoms of generalized anxiety disorder?

Anxiety and worry that are difficult to control and have lasted for at least 6 months

Are you bothered by at least 3 of the following symptoms?

Restlessness or feeling on edge

Fatigue

Difficulty concentrating

Irritability

Muscle tension

Trouble sleeping

Do you feel these symptoms interfere with your daily life?

Yes

No

Please note: This checklist is not a formal diagnostic tool. It is meant to help identify potential generalized anxiety disorder symptoms. Only a health care professional can diagnose generalized anxiety disorder. Other medical conditions may cause similar symptoms. Talk with your doctor.