HEALTHY MINDS: ANXIETY ASSESSMENT

Occasional worries or stress are normal parts of everyday life. When these worries lead to struggles at home, in school and with friendships or cause panic attacks, your child may be experiencing anxiety.

The purpose of this form is to help assess your child's risk factors for anxiety, look for any anxiety signs and symptoms, and determine if your child may need professional help.

ANXIETY RISK FACTORS (Ask yourself these questions about your child; circle your answer)

1. Do they have immediate family members with a history of anxiety disorder?  
   Yes  No  Don't Know
2. Do they have a chronic or severe medical condition?  
   Yes  No  Don't Know
3. Have they experienced any trauma?  
   Yes  No  Don't Know
4. Do they have a disability, are LGBTQ+ or a racial, ethnic or religious minority?  
   Yes  No  Don't Know

Answering "yes" to ANY of these risk factors means your child is more likely than a child without these risk factors to develop anxiety at some point in their lives.

ANXIETY SIGNS AND SYMPTOMS (Ask yourself these questions about your child; circle your answer)

1. Do they express extreme worry, dread, panic, doom, fear or anxiety?  
   Yes  No  Don't Know
2. Are they having trouble sleeping?  
   Yes  No  Don't Know
3. Are they having racing thoughts or trouble concentrating?  
   Yes  No  Don't Know
4. Do they seem irritable, angry or easily upset?  
   Yes  No  Don't Know
5. Are they fidgety or unable to sit still?  
   Yes  No  Don't Know
6. Do they get a lot of stomach aches or headaches?  
   Yes  No  Don't Know
7. Do they make up reasons to not go to school?  
   Yes  No  Don't Know
8. Do they resist doing homework or get emotional when you push them to do it?  
   Yes  No  Don't Know
9. Do they get overwhelmed by common day-to-day activities?  
   Yes  No  Don't Know
10. Do they have tantrums?  
    Yes  No  Don't Know
11. Do they have friends?  
    Yes  No  Don't Know
12. Do they refuse to participate in activities because they are afraid?  
    Yes  No  Don't Know
13. Are they more clinging than other children or fear being separated from you?  
    Yes  No  Don't Know
14. Are they more shy, anxious or worried than other children their age?  
    Yes  No  Don't Know
15. Has your child had a panic attack?  
    Yes  No  Don't Know

DO THEY NEED HELP?

If you answer “yes” to ANY of these questions, your child may need help from a doctor, counselor or therapist.

1. My child shows three or more anxiety signs and symptoms.  
   Yes  No
2. My child cannot control their extreme worry, dread, panic, doom, fear or anxiety.  
   Yes  No
3. My child’s anxious feelings interfere with daily activities or social interactions.  
   Yes  No
4. My child’s anxious feelings happen frequently or do not go away.  
   Yes  No

Healthy Minds: Get Help provides options for getting the help your child needs.