

Sheehan Patient-Rated Anxiety Scale

Features

- Patient administered
- Identifies and measures severity of symptoms associated with anxiety

Scoring and interpretation

Assign a value of 0 to the first answer column ("Not at all"), 1 to the second column, 2 to the third, and so on. Scores above 30 are usually considered abnormal, and scores above 80 are severe. The mean score in panic disorder and agoraphobia is 57 ± 20 . The goal of treatment is to bring the score below 10.

During the past week, how much did you suffer from ...
(Check only one answer for each question.)

- 0 Not at all
- 1 A little
- 2 Moderately
- 3 Quite a bit
- 4 Extremely

	0	1	2	3	4
1 Difficulty in getting your breath, smothering, or overbreathing.					
2 Choking sensation or lump in throat.					
3 Skipping, racing, or pounding of your heart.					
4 Chest pain, pressure, or discomfort.					
5 Bouts of excessive sweating.					
6 Faintness, light-headedness, or dizzy spells.					
7 Sensation of rubbery or "jelly" legs.					
8 Feeling off balance or unsteady like you might fall.					
9 Nausea or stomach problems.					
10 Feeling that things around you are strange, unreal, foggy, or detached from you.					
11 Feeling outside or detached from part or all of your body, or a floating feeling.					
12 Tingling or numbness in parts of your body.					
13 Hot flashes or cold chills.					
14 Shaking or trembling.					
15 Having a fear that you are dying or that something terrible is about to happen.					
16 Feeling you are losing control or going insane.					
17 Sudden anxiety attacks with three or more of the symptoms (listed above) that occur when you are in or about to go into a situation that is likely, from your experience, to bring on an attack.					
18 Sudden unexpected anxiety attacks with three or more symptoms (listed above) that occur with little or no provocation (ie, when you are not in a situation that is likely, from your experience, to bring on an attack).					

Adapted with permission of Sheehan DV. From: McGlynn TJ, Metcalf HL, eds. *Diagnosis and Treatment of Anxiety Disorders: A Physician's Handbook*. Washington, DC: American Psychiatric Press Inc; 1989:98-99.

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(Check only one answer for each question.)

- 0 Not at all
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- 4 Extremely

	0	1	2	3	4
19 Sudden unexpected spells with only one or two symptoms (listed above) that occur with little or no provocation (ie, when you are not in a situation that is likely, from your experience, to bring on an attack).					
20 Anxiety episodes that build up as you anticipate doing something that is likely, from your experience, to bring on anxiety that is more intense than most people experience in such situations.					
21 Avoiding situations because they frighten you.					
22 Being dependent on others.					
23 Tension and inability to relax.					
24 Anxiety, nervousness, restlessness.					
25 Spells of increased sensitivity to sound, light, or touch.					
26 Attacks of diarrhea.					
27 Worrying about your health too much.					
28 Feeling tired, weak, and exhausted easily.					
29 Headaches or pains in neck or head.					
30 Difficulty in falling asleep.					
31 Waking in the middle of the night or restless sleep.					
32 Unexpected waves of depression occurring with little or no provocation.					
33 Emotions and moods going up and down a lot in response to changes around you.					
34 Recurrent and persistent ideas, thoughts, impulses, or images that are intrusive, unwanted, senseless, or repugnant.					
35 Having to repeat the same action in a ritual, eg, checking, washing, counting repeatedly, when it's not really necessary.					

Patient name

Date