

Appendix 17 - General Stress Self-assessment

The assessment below provides only an indication to you and your providers to determine if interventions may be required. Some of the questions asked, such whether or not you want to fly in a commercial aircraft, may simply reflect preference vs. anxiety. After taking the assessment schedule an appointment with your provider(s) so you can review this with them.

A panic attack is the abrupt onset of intense fear or discomfort that reaches a peak within minutes and includes at least four of the following symptoms: Palpitations, pounding heart, or accelerated heart rate. Sweating. Trembling or shaking. Sensations of shortness of breath or smothering

Panic Attacks	YES	NO
Do you experience sudden episodes of intense and overwhelming fear that seem to come on for no apparent reason?		
During these episodes, do you experience symptoms similar to the following? Racing heart, chest pain, difficulty breathing, choking sensation, lightheadedness, tingling or numbness?		
During the episodes do you worry about something terrible happening to you, such as embarrassing yourself, having a heart attack or dying?		
Do you worry about having additional episodes?		

Generalized anxiety disorder (or GAD) is characterized by excessive, exaggerated anxiety and worry about everyday life events with no obvious reasons for worry. People with symptoms of generalized anxiety disorder tend to always expect disaster and can't stop worrying about health, money, family, work, or school.

Generalized Anxiety	YES	NO
Do you worry about a number of events or activities (such as work or school performance)?		
Is it difficult to control the worry?		
Do you also have two or more of these symptoms? <ul style="list-style-type: none"> • feeling restless or on edge • being easily fatigued • having difficulty concentrating • feeling irritable • muscle tension • having difficulty falling or staying asleep, or restless unsatisfying sleep 		
<i>For an accurate assessment for General Anxiety, see appendix, 16</i>		

PTSD is a condition of persistent mental and emotional stress occurring as a result of injury or severe psychological shock, typically involving disturbance of sleep and constant vivid recall of the experience, with dulled responses to others and to the outside world.

<i>Post-Traumatic Stress Disorder</i>	YES	NO
Have you experienced or witnessed a frightening, traumatic event, either recently or in the past?		
Do you continue to have distressing recollections or dreams of the event?		
Do you become anxious when you face anything that reminds you of that traumatic event?		
Do you try to avoid those reminders?		
Do you have any of the following symptoms: difficulty falling or staying asleep, irritability or outbursts of anger, difficulty concentrating, feeling “on guard,” easily startled?		

General Stress Self-assessment – Continued

Obsessive-compulsive disorder (OCD) is an anxiety disorder in which time people have recurring, unwanted thoughts, ideas or sensations (obsessions) making them feel driven to do something repetitively (compulsions).

<i>Obsessive-Compulsive Disorder</i>	YES	NO
Do you have recurring thoughts or images (other than the worries of everyday life) that feel intrusive and make you anxious?		
On occasion, do you know that these thoughts or images are unreasonable or excessive?		
Do you want these thoughts or images to stop, but can't seem to control them?		
Do you engage in any repetitive behaviors (like hand washing, ordering, or checking) or mental acts (like praying, counting, or repeating words silently) in order to end these intrusive thoughts or images.		

Social phobia is intense anxiety or fear of being judged, negatively evaluated, or rejected in a social or performance situation.

<i>Social Phobia</i>	YES	NO
<i>Are you afraid of one or more social or performance situations?</i> <ul style="list-style-type: none"> • -speaking up • -taking a test • -eating, writing or working in public • -being the center of attention • -asking someone for a date 		
Do you get anxious and worried if you try to participate in those situations?		
Do you avoid these situations when possible?		

Specific phobia is any kind of anxiety disorder that amounts to an unreasonable or irrational fear related to exposure to specific objects or situations. As a result, the affected person tends to avoid contact with the objects or situations and, in severe cases, any mention or depiction of them.

Specific Phobia	YES	NO
Are you afraid on one specific object or situation, such as heights, storms, water, animals, elevators, closed-in spaces, receiving an injection, or seeing blood (excluding social situations)?		
Do you get anxious and worried if you try to participate in those situations?		
Do you avoid these situations when possible?		

Fear of flying is a fear of being on an airplane, or other flying vehicle, such as a helicopter, while in flight. It is also referred to as flying anxiety, flying phobia, flight phobia, aviophobia

Fear of Flying	YES	NO
Are you afraid of flying or a commercial airliner?		
Do you get anxious and worried if you fly?		
Do you avoid flying when possible because of your fear/anxiousness?		

Medications	YES	NO
Are you interesting in learning more about how medications might help you manage your symptoms?		
Or are you currently taking a medication and wish to learn more about its benefits?		