

Am I Experiencing Generalized Anxiety Disorder?

GAD should only be diagnosed by a mental health professional or a doctor. However, answering the questions below can give you an idea of whether you might find it helpful have a professional assessment.

Did you worry a lot when you were younger?

Never

Occasionally

Sometimes

Often

Do you find yourself worrying even when there is nothing to worry about?

Never

Occasionally

Sometimes

Often

Do worries about minor everyday things spiral into major concerns?

Never

Occasionally

Sometimes

Often

Do you find it hard to stop worrying once you have started?

Never

Occasionally

Sometimes

Often

Does worry get in the way of you enjoying your life?

Never

Occasionally

Sometimes

Often

If you were not worrying about <whatever you are concerned with today>, would you be worrying about something else?

Yes

No

If you answered 'often' or 'yes' to most of these questions, you could be experiencing excessive levels of worry about everyday situations. This is one of the factors that a psychologist will use to make a diagnosis of GAD.