

# GENERALIZED ANXIETY DISORDER\*

## SUMMARY SCREENING CRITERIA\* FOR: Name \_\_\_\_\_

- A. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities, such as, work or school performance.
- B. The person finds it difficult to control the worry.
- C. The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms present for more days than not for the past 6 months). **Note:** Only one item is required in children.
  - 1. restlessness or feeling keyed up or on edge
  - 2. being easily fatigued
  - 3. difficulty concentrating or mind going blank
  - 4. irritability
  - 5. muscle tension
  - 6. sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep)
- D. The focus of the anxiety and worry is not confined to features of other more specific Anxiety Disorders: (a) Panic Disorder; (b) Social Phobia; (c) Obsessive-Compulsive Disorder; (d) Separation Anxiety Disorder; (e) Anorexia Nervosa; (f) Somatization Disorder; (g) Hypochondriasis; or Post-traumatic Stress Disorder.
- E. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

## CAREGIVING INTERVENTION:

Date \_\_\_\_\_

## Referral for further assessment and therapy to:

[Screening Criteria presented by:]

**Roy B. Nash, M Div, LMFT. LCPC**

Other:

**BELIEF-FOCUSED CARE & HEALING**

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\* Source: **Diagnostic Statistical Manual of Mental Disorders**, Fourth Edition (DSM-IV™). American Psychiatric Association. 1994.