

Beck Anxiety Inventory

We Level Up

Anxiety

Anxiety is a state
subjectively unpleasant
realized and unf
fatigue

Take Our Free Beck Anxiety Rating Scale.

The Beck Anxiety Inventory (BAI) is a self-report questionnaire designed to assess the severity of anxiety symptoms in adults and adolescents. It was developed by Aaron T. Beck and his colleagues. The BAI consists of 21 multiple-choice questions, each describing a common symptom of anxiety. Respondents are asked to rate how much they have been bothered by each symptom over the past week, including today.

*By taking this free quiz, you may obtain your results online and in your email box. You'll have the opportunity to opt-in to learn more about your symptoms, talk to a mental health consultant and join our newsletter. Rest assured your information is private and confidential. Results, consultations and assessment are provided without any cost to you and without any obligation. If you do not wish to provide your contact information, you may omit it during your quiz. Thank you for opting in and participating. To you best of health.

Check the answer that identifies most of you

1. Name:

2. Phone:

A: 0 points - B: 1 points - C: 2 points - D: 3 points

Here are the 21 items of the Beck Anxiety Inventory:

1. Numbness or tingling
 - a. Not at all
 - b. Mildly
 - c. Moderately
 - d. Severely

2. Feeling hot or flushed
 - a. Not at all
 - b. Mildly
 - c. Moderately
 - d. Severely

3. Wobbliness in legs
 - a. Not at all
 - b. Mildly
 - c. Moderately
 - d. Severely

4. Unable to relax
 - a. Not at all
 - b. Mildly
 - c. Moderately

d. Severely

5. Fear of the worst happening

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely

6. Dizzy or lightheaded

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely

7. Heart pounding or racing

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely

8. Trembling hands

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely

9. Upset stomach or nausea

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely

10. Feeling shaky

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely

11. Fear of losing control

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely

12. Difficulty breathing

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely

13. Fear of dying

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely
- e. Cold or sweaty hands

14. Cold or sweaty hands

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely

15. Unsteady on feet

- e. Not at all

-
- f. Mildly
 - g. Moderately
 - h. Severely

- 16. Dry mouth
 - a. Not at all
 - b. Mildly
 - c. Moderately
 - d. Severely

- 17. Hot or cold flashesa.
 - a. Not at all
 - b. Mildly
 - c. Moderately
 - d. Severely

- 18. Butterflies in the stomach
 - a. Not at all
 - b. Mildly
 - c. Moderately
 - d. Severely

- 19. Mind going blank
 - a. Not at all
 - b. Mildly
 - c. Moderately
 - d. Severely

- 20. Feeling of choking
 - a. Not at all
 - b. Mildly
 - c. Moderately

d. Severely

21. Nervousness or restlessness

- a. Not at all
- b. Mildly
- c. Moderately
- d. Severely

Check the results

0-21 points: No Indication of Anxiety Disorder

Your answers suggest that there is Little or No indication that you are experiencing symptoms common among people with Anxiety Disorder. However, this quiz is no substitute for a proper diagnosis from a health care professional and we would encourage you to schedule an appointment with your doctor or other mental health professional to address any concerns.

22-35 points: Moderate Indication of Anxiety Disorder

Your answers suggest a Moderate indication that you are experiencing symptoms common among people with **Anxiety Disorder**. However, this quiz is no substitute for a proper diagnosis from a health care professional and we would encourage you to schedule an appointment with your doctor or other mental health professional to address any concerns.

Get a Free assessment, Free consultation, and Free answers to your questions 24/7. Without any obligation.

36-46 points: Indication of Moderate to Severe Anxiety Disorder

Your answers suggest that there is an indication that you are experiencing symptoms common among people with ***Moderate to Severe Anxiety Disorder***. However, this quiz is no substitute for a proper diagnosis from a health care professional. We encourage you to schedule an appointment with your doctor or your mental health professional.

We Level Up treatment center provides world-class care with round-the-clock medical professionals available to help you cope.

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+47 points: Strong Indication of Severe Anxiety Disorder

Your answers suggest that there is a strong indication that you are experiencing symptoms common among people with ***Severe Anxiety Disorder***. However, this quiz is no substitute for a proper diagnosis from a health care professional. We encourage you to schedule an appointment with your doctor or your mental health professional.

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