

Anxiety Questionnaire

McKenzie Pediatrics

Thank you for completing this questionnaire. Your answers will help to better determine if your child suffers from some type of anxiety disorder, and will help direct any necessary therapy. Please read each question carefully, and consider discussing your answers with your spouse or any adult significantly involved with raising your child. Please bring this completed questionnaire to your next office visit, or return it to our office by mail.

Does Your Child Seem:	Never	Occasionally	Often
Excessively stressed at an actual, or anticipated, separation from you?			
Excessively worried about losing, or about harm befalling, you?			
Excessively worried that he/she will become lost or kidnapped from you?			
Reluctant to go to school, or elsewhere, because of fears of separation?			
Excessively reluctant or fearful about being home, or in someone else's home, without you?			
Reluctant to sleep away from home, or even at home, without you?			
To have repeated separation nightmares?			
To have repeated somatic complaints (abdominal pain, headache, muscle aches, nausea) related to actual or anticipated separation from you?			
To cry or throw tantrums when faced with imminent separation from you?			
To have a fear of being in locations or situations from which escape may be difficult or embarrassing?			
To have <i>panic attacks</i> , discrete periods of intense fear or discomfort, in which multiple physical symptoms develop?			
To worry over the possibility of future panic attacks?			
To be extremely anxious only in social situations, not only with adults, but also with peers/classmates? Situations might include: interpersonal conversation, public speaking, public eating, attending parties, using public restrooms, or speaking to authority figures (teachers, coaches, principals...)			
Excessively worried for a period >6 months about many different events or activities?			
To have symptoms with their worry, such as restlessness, fatigue, poor concentration, irritability, muscle tension, and/or insomnia?			

