



## **Depression and Relationship Counselling Services**

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### **Anxiety Quiz and Treatment**

Do you think you may worry excessively about things? Are you overly sensitive at times?

Yes/No\_\_\_\_\_ Do you worry excessively, occurring often, for a period of 6 months?

Yes/No\_\_\_\_\_ Would others consider your worry unreasonable about activities or events, such as, school, work, or your health?

Yes/No\_\_\_\_\_ Do you have the inability to control the worry?

Yes/No\_\_\_\_\_ Are you unable to relax, feeling keyed-up, or on edge?

Yes/No\_\_\_\_\_ Do you feel easily tired/bored?

Yes/No\_\_\_\_\_ Experience concentration problems?

Yes/No\_\_\_\_\_ Irritability?

Yes/No\_\_\_\_\_ Muscle feel tense?

Yes/No\_\_\_\_\_ Is falling or staying asleep difficult, or do you have unsatisfying and restless sleep?

Yes/No\_\_\_\_\_ Is your anxiety interfering with your daily life?

Yes/No\_\_\_\_\_ Have you experienced changes in eating or sleeping habits?

Yes/No\_\_\_\_\_ Disinterested in general life around you?

Yes/No\_\_\_\_\_ A sense of worthlessness or guilt?

During the last year, has the use of alcohol or drugs...

Yes/No\_\_\_\_\_ Resulted in your failure to fulfill responsibilities with family, work, relationships, school ?

Yes/No\_\_\_\_\_ Have you placed yourself in a dangerous situation, such as driving a car under the influence?

Yes/No\_\_\_\_\_ Continued using despite causing problems for you or those around you?

### **Treatment**

Depression and anxiety is highly treatable, especially in the early stages. Coming for solution based counselling is sometimes all that is needed. Other times, an addition of medication is warranted along with counselling.

### **Reference:**

Wendy Limarzi; Depression & Relationship Counselling Services, Windsor, ON 2015