

Anxiety

Questions from the healthcare provider

What are the person's symptoms when they are experiencing anxiety?

How severe are they?

How does this impact the person?

Is this new for the person or have they experienced anxiety in the past?

When did they first notice these feelings?

Are there times in the day when the person doesn't experience anxiety, or is it continuous?

Do they have a sense of what may be contributing to this?

What makes it worse? What makes it better?

Is there a time of day, evening, or night when it's worse?

Is the person avoiding certain things, people, places, or topics of conversation because of their anxiety?

Have they had any traumatic experiences recently or in the past?

Have they ever been diagnosed with an anxiety disorder?

Does the person consume alcohol or recreational drugs? If so, how often?

Do others in the person's family have anxiety or other mental health conditions such as depression?