



The Merimnao Anxiety Assessment Tool

This is a tool designed for individuals to use to perform a personal assessment as to how much they struggle with anxiety. It is not a diagnosis!

Some guidance on how to use it:

- Use it as often as you wish. If you have a sense you might struggle with anxiety, this will give you a measure you can compare yourself on over time.
- Use it in conjunction with treatment for anxiety whether it is from a medical doctor or a therapist. It is a tool.
- Use it to guide yourself on whether to seek treatment. This tool and the result will be valuable to whoever you choose to see. (See the last page below)
- Understand that there are many types of anxiety; a professional scanning over the individual answers you give will be able to help a person more clearly know what they are dealing with.

What to do with the scores. First, understand that different professionals will interpret the scores different ways through their own judgment and experience. The ideas presented after the exercise of using the tool are just guidelines and indications of what a person doing a self-assessment ought to consider doing.

Merimnao is supplying this tool to those who use its services for their convenience; we are neither therapists nor medical doctors and as such cannot legally diagnose mental illnesses such as general anxiety disorder, PTSD or phobias.

Our motivation for producing this is to help others as scripture tells us to. Anxiety is seen in biblical characters and is part of the fallen human condition; it is also treatable with various combinations of ethical drugs, therapy and a loving support system. Nobody needs to stay overly anxious!

Jesus spoke of anxiety in His Sermon on the Mount, this is what He said:

Matt 6:25 - Therefore I tell you, do not be anxious about your life. ESV

Matt 6:33 - But seek first the kingdom of God and his righteousness. ESV

Seeking help for anxiety might just be the beginning of seeking the kingdom of God for some of us.

Anxiety Assessment Tool – Page 1 – Physical Symptoms

	Symptom	None	Mild	Mod	High	Score
1	Indigestion	1	2	3	4	
2	Undesired waking up early	1	2	3	4	
3	Dizziness or Lightheadedness	1	2	3	4	
4	Sense of suffocation	1	2	3	4	
5	Trembling hands	1	2	3	4	
6	Generally Shaky	1	2	3	4	
7	Unable to breathe	1	2	3	4	
8	Periods of fast breathing	1	2	3	4	
9	Feeling like fainting	1	2	3	4	
10	Hot or cold sweats	1	2	3	4	
11	Tingling or numbness in body	1	2	3	4	
12	Flushed face	1	2	3	4	
13	Dry mouth	1	2	3	4	
14	Muscle aches with no obvious source	1	2	3	4	
15	Shakiness in legs with no known source	1	2	3	4	
16	Tiredness	1	2	3	4	
17	Nausea	1	2	3	4	
18	Feeling hot	1	2	3	4	
19	Excessive itching	1	2	3	4	
20	Uncontrollable twitching	1	2	3	4	
21	Often feeling rundown	1	2	3	4	
22	Trouble falling asleep	1	2	3	4	
23	Stomach cramps	1	2	3	4	
24	Racing heartbeat (palpitations)	1	2	3	4	
25	Frequent trips to the bathroom	1	2	3	4	

For each line, circle your assessment number and write it in the box on the right.

Page 1 Score

Anxiety Assessment Tool– Page 2 – Psychological Symptoms

	Symptom	None	Mild	Mod	High	Score
26	Desire to flee	1	2	3	4	
27	Unable to relax	1	2	3	4	
28	Fear of the worst	1	2	3	4	
29	A sense of impending doom	1	2	3	4	
30	Nervousness	1	2	3	4	
31	Fear of losing control	1	2	3	4	
32	Fear of personally dying	1	2	3	4	
33	Fear of someone else dying	1	2	3	4	
34	Conflict avoidance thoughts	1	2	3	4	
35	Sense of powerlessness	1	2	3	4	
36	Inability to think straight or focus	1	2	3	4	
37	Fear of some social situations	1	2	3	4	
38	Struggle with short term memory	1	2	3	4	
39	Constant tenseness	1	2	3	4	
40	Irrational fear of specific places	1	2	3	4	
41	Irrational fear of certain people	1	2	3	4	
42	Catastrophic thinking	1	2	3	4	
43	Frequent sense of panic	1	2	3	4	
44	Experience blank mind	1	2	3	4	
45	Constantly looking for danger	1	2	3	4	
46	Fear of being unclean	1	2	3	4	
47	Vivid dreams – some possibly violent	1	2	3	4	
48	Worry about matters of everyday life	1	2	3	4	
49	Fear of embarrassment	1	2	3	4	
50	Worry about personal health	1	2	3	4	

For each line, circle your assessment number and write it in the box on the right.

Page 2 Score	
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Anxiety Assessment Tool – Interpretations

First the score:

My Page 1 Score _____

My Page 2 Score _____

My Total Score _____

What do these scores mean?

We must acknowledge that since the fall, anxiety is a normal part of the human condition, and each of us can expect to have some sense of feeling it. So we'll all have some level of it, and register a score that can inform us about ourselves more than just a guess, especially if we use this tool over time.

The minimum possible score for this assessment is 50 the maximum is 200. The validity of this assessment depends on a person's ability to be authentic and accurate. It is easy for a person to fool themselves by not being honest as they go through the assessment. Assuming a person has been authentic with themselves and accurate in their personal answers, this is the guidance on what to do with the numbers:

Between 50 and 100 – You have generally mild anxiety, and it probably is not a mental health concern. If you “feel” more anxious than the word “mild” try retaking the test in a week, and see what score you come up with. (See the one major exception listed below.)

Between 100 and 125 – You most likely have moderate anxiety. Check in with your therapist and have them work through your answers with you. (See the one major exception listed below.)

Between 126 and 150 – Your anxiety level is high and is probably interfering significantly with your ability to live life. See a therapist and/or a medical doctor. Don't be surprised if a medical doctor suggests medication. (See the one major exception listed below.)

151 or higher – You have severe anxiety. Go to see a medical doctor or even go to an emergency room. View this as a personal crisis and let them lead you into how to deal with this.

Exception – Item 47. If you are experiencing violent dreams, seek help no matter what the overall score is.