[Zung Self-Rating Anxiety Scale](http://psychology-tools.com/zung-anxiety-scale/)

|  |  |  |
| --- | --- | --- |
|  |  |  |

For each item below, please check the column which best describes how often you felt or behaved this way during the past several days.

Top of Form

|  | A little of the time | Some of the time | Good part of the time | Most of the time |
| --- | --- | --- | --- | --- |
| 1. I feel more nervous and anxious than usual. |  |  |  |  |
| 2. I feel afraid for no reason at all. |  |  |  |  |
| 3. I get upset easily or feel panicky. |  |  |  |  |
| 4. I feel like I’m falling apart and going to pieces. |  |  |  |  |
| 5. I feel that everything is all right and nothing bad will happen. |  |  |  |  |
| 6. My arms and legs shake and tremble. |  |  |  |  |
| 7. I am bothered by headaches neck and back pain. |  |  |  |  |
| 8. I feel weak and get tired easily. |  |  |  |  |
| 9. I feel calm and can sit still easily. |  |  |  |  |
| 10. I can feel my heart beating fast. |  |  |  |  |
| 11. I am bothered by dizzy spells. |  |  |  |  |
| 12. I have fainting spells or feel like it. |  |  |  |  |
| 13. I can breathe in and out easily. |  |  |  |  |
| 14. I get numbness and tingling in my fingers and toes. |  |  |  |  |
| 15. I am bothered by stomach aches or indigestion. |  |  |  |  |
| 16. I have to empty my bladder often. |  |  |  |  |
| 17. My hands are usually dry and warm. |  |  |  |  |
| 18. My face gets hot and blushes. |  |  |  |  |
| 19. I fall asleep easily and get a good night’s rest. |  |  |  |  |
| 20. I have nightmares. |  |  |  |  |
|  | | | | |

Bottom of Form

Sources

1. William WK Zung. [*A Rating Instrument for Anxiety Disorders*](http://www.ncbi.nlm.nih.gov/pubmed/5172928). 12(6): Psychosomatics 371-379. 1971.

## How is the Zung Self-Rating Anxiety Scale Scored?

Despite its simplicity, the Zung Self Rating Scale for anxiety is widely used in the psychiatric field. It is not considered a replacement for a professional diagnosis, but has been proven at least internally reliable in many different tests, and continues to be used in the clinical field.

The rating scale is scored from 1 to 4 points. Most answers go in order of 1 (a little of the time) to 4 (most of the time). However, questions 5, 9, 13, 17, and 19 are scored in the opposite order, since they represent positive/non-anxiety statements.

Scores are then calculated and individuals are given the following results:

* 20-44 Normal Range
* 45-59 Mild to Moderate Anxiety Levels
* 60-74 Marked to Severe Anxiety Levels
* 75-80 Extreme Anxiety Levels

This is designed to give you a better idea of your anxiety in terms of severity.