Emotional Distress - Anxiety – Short Form 7a

Please respond to each item by marking one box per row.

In the past 7 days...

		Never	Rarely	Sometimes	Often	Always
EDANX01	I felt fearful.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX05	I felt anxious.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX30	I felt worried.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX40	I found it hard to focus on anything other than my anxiety.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX46	I felt nervous.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX53	I felt uneasy	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX54	I felt tense	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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