Emotional Distress - Anxiety – Calibrated Items

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
EDANX02	I felt frightened.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX03	It scared me when I felt nervous	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX05	I felt anxious.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX07	I felt like I needed help for my anxiety	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX08	I was concerned about my mental health ...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX12	I felt upset.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX13	I had a racing or pounding heart.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX16	I was anxious if my normal routine was disturbed.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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		Never	Rarely	Sometimes	Often	Always
EDANX18	I had sudden feelings of panic.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX20	I was easily startled	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX21	I had trouble paying attention.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX24	I avoided public places or activities	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX26	I felt fidgety.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX27	I felt something awful would happen.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX30	I felt worried.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX33	I felt terrified	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX37	I worried about other people's reactions to me	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX40	I found it hard to focus on anything other than my anxiety	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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In the past 7 days…

		Never	Rarely	Sometimes	Often	Always
EDANX41	My worries overwhelmed me	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX44	I had twitching or trembling muscles	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX46	I felt nervous	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX47	I felt indecisive.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX48	Many situations made me worry.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX49	I had difficulty sleeping	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX51	I had trouble relaxing.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX53	I felt uneasy.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX54	I felt tense.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EDANX55	I had difficulty calming down.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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