

# Assessing Person-Centered Health Outcomes in Adults with Anxiety

*These recommendations are offered as a starting point for consideration. They are not necessarily the best choices for every application and do not substitute for a comprehensive literature review.*

## Key Domains to Consider in Anxiety

Anxiety and its treatments can have a significant impact on an individual's symptoms of **sleep disturbance, fatigue, depression, and can interfere with social roles**. Patient-reported assessments can be used in both clinical care and clinical research for diagnosing, monitoring, and characterizing symptom burden and functional impact from Anxiety.

## Suggested HealthMeasures for Primary Domains in Anxiety

### Anxiety

The PROMIS Anxiety questionnaire assesses fear (fearfulness, panic), anxious misery (worry, dread), hyperarousal (tension, nervousness, restlessness), and somatic symptoms associated with arousal (racing heart, dizziness). Available as an 8-item short form or via computerized-adaptive testing (CAT).

### Global Health

The PROMIS Global Health measure is an assessment of overall physical and mental health. It includes general ratings of physical and mental health as well as fatigue and ability to participate in social roles and daily tasks. It is available as a 10-item short form.

### Sleep Disturbance

Many patients with Anxiety also have difficulty sleeping. The PROMIS Sleep-Related measure assesses perceptions of alertness, sleepiness, and tiredness during usual waking hours, and the perceived functional impairments during wakefulness associated with sleep problems or impaired alertness. Available as an 8-item short form or via CAT.

## Summary

- Recommended primary domains for Anxiety research or care include anxiety, global health, and sleep disturbance.
- Recommended secondary domains for Anxiety research or care include fatigue, depression, and ability to participate in social roles and activities.
- HealthMeasures offers brief, psychometrically sound measures for these domains.
- Recommended assessment times include pre-treatment (baseline) and post-treatment.

## Suggested Health Measures for Secondary Domains in Anxiety

Anxiety may impact many aspects of a person's physical, emotional and social functioning, which means that other health status and quality of life domains can also be significantly impacted and represent secondary domains worth assessing. Additionally, because of the high rate of comorbidity, you may want to assess depression in patients with anxiety.

Secondary HealthMeasures	Description
PROMIS Fatigue 6-item short form or CAT	Assesses extent of fatigue experience and the effect of that fatigue on daily activities. It is available as an 8-item short form or via CAT.
PROMIS Depression 6-item short form or CAT	Assesses negative mood (sadness, guilt), views of self (self-criticism, worthlessness), and social cognition (loneliness, interpersonal alienation), as well as decreased positive affect and engagement (loss of interest, meaning, and purpose).
PROMIS Ability to Participate in Social Roles and Activities 6-item short form or CAT	Assesses the perceived ability to perform one's usual social roles and activities.

### Assessment Times

Ideally, patient-report measures included in the set of primary domains (and secondary domains if patient burden is not too great) would be used at a variety of assessment time points including pre- and post- treatment / intervention both in clinical care and clinical trials.

### Additional Information

The [www.HealthMeasures.net](http://www.HealthMeasures.net) website includes more information about measurement selection, data collection tools, scoring, and interpretation. Its *Search for Measures* tool includes access to all HealthMeasures described here. A Forum allows for questions and responses from the HealthMeasures community. The HealthMeasures team is also available for collaboration or consultation via [help@healthmeasures.net](mailto:help@healthmeasures.net).

### Primary HealthMeasures for Anxiety Patients

- PROMIS Anxiety 8-item short form or CAT
- PROMIS Global Health 10-item short form or CAT
- PROMIS Sleep Disturbance 8-item short form or CAT

### Learn More!

You can read about CATs and watch a video tutorial at the [HealthMeasures.net](http://HealthMeasures.net) website [here!](#)