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Date: 12-06-2023

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## Your Result

**Tell a Doctor About Your Symptoms**

**Keep track of the symptoms that impact your quality of life.**

Talk to a professional if things don't change or get worse.

- You have 1 of the symptoms often seen in people with anxiety.
- No two people are affected the same way by anxiety. That's why only a health care professional can diagnose you.
- Keep track of any symptoms you have over the next two weeks.

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## View Your Risk Factors

*Open any Risk Factor below to learn more about your risk and what you can change.*

## Anxiety Risk Factors



Anxiety Risk Factors	Your Answer
Family history of anxiety or depression	No
Feelings of guilt, envy, anger	No
Shyness/avoidance of new things	No
Fear of criticism	Yes
Self-critical, feeling incompetent or useless	No
Experience of childhood trauma or difficulties	Yes
Moderate or extreme stress	No

### Lowering Your Risk of Anxiety

Some factors increase the chances of developing anxiety. A few are listed in the table above.

The good news is that there are also things that can lower the risk of anxiety.

These include:

- Eating a healthy diet and limiting caffeine, alcohol, and sugar intake.
- Practicing regular self-care and relaxation.
- Reducing stress as much as possible.
- Receiving professional help and support for mental health.

### Help is Available Day & Night

Dial **9-8-8** to call the National Suicide Prevention Lifeline if you're in crisis. Calls are confidential and free.

A skilled, trained crisis worker will listen to you and tell you about mental health services in your area.

More information about suicide prevention is available from the National Institute of Mental Health (NIMH) and the Centers for Disease Control and Prevention (CDC).

### Anxiety Symptoms



Symptoms during the past 2 weeks:	Your Answer
Feeling nervous, anxious, or on edge	<i>Not at all</i>
Not being able to stop or control your worrying	<i>Not at all</i>
Other symptoms <i>on more than half the days</i> during the past 2 weeks:	Your Answer
Worrying too much about different things	<i>No</i>
Trouble relaxing	<i>No</i>
Being so restless that it is hard to sit still	<i>No</i>
Becoming easily annoyed or irritable	<i>No</i>
Feeling afraid as if something awful might happen	<i>Yes</i>
Panic attacks experienced in the past 4 weeks:	Your Answer
One or more panic attacks	<i>No</i>

#### What is Anxiety?

Anxiety is a normal reaction to stressful events or dangerous situations. It can help keep us safe or help us perform better.

When it starts to interfere with daily life, or is hard to control, an anxiety disorder may be to blame. Luckily, anxiety disorders are treatable with medication, therapy, or a combination of both. The sooner treatment begins, the better it works.

## Take Your Next Steps

We recommend that you follow up with a primary care provider with any health concerns.

[Find a Doctor](#)

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*Take the time to review these results with a physician.*

Discuss the many options available to you that can add years to your life. If you do not have a primary care provider, click here to find one that matches your needs. You may also call our Care 24/7 service at 888-888-8888 to talk to one of our referral specialists.

### Our Mental Health Services

To learn more about our personalized approach at National Health, visit [nationalhealth.org](https://nationalhealth.org). We provide a comprehensive array of services to help our community maintain and improve their mental health.

*Thank you for participating in the AnxietyAware Risk Assessment.*

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NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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