

Table 4.

## *Indiana Polyclinic Combined Anxiety Scale*

0	<b>No Anxiety</b>
1	<b>Unpleasant Feelings</b> - Occasional worry/nervousness; normal for the situation
2	<b>Minimal</b> - Worry/nervousness is noticeable but short in duration; able to get things done with little effort
3	<b>Mild</b> - Worry/nervousness less than half the day; mild change in concentration/sleep; uncomfortable physical sensations like stomach ache; able to get things done with extra effort
4	<b>Mild to Moderate</b> - Worry/nervousness more than half the day; mild to moderate change in sleep and appetite; increase in fatigue, upset stomach, tension; more effort to concentrate and complete activities
5	<b>Moderate</b> - Worry/nervousness most of the day; decrease in concentration noticed by others; feeling tension, fatigue, headaches; takes greater effort to complete activities; avoids some social situations
6	<b>Moderate to Severe</b> - Worry/nervousness all day; significant change in sleep, appetite, concentration; very restless and/or nauseous; feeling panicky; avoids much activity due to discomfort and lack of focus
7	<b>Severe</b> - Constant worry/nervousness; constant tension, nausea, difficulty breathing on occasion; unable to concentrate on simple tasks; limited contact with others; almost complete avoidance of activity; occasional thoughts of not wanting to live
8	<b>Debilitating</b> - Severe worry/nervousness all day every day; severe stomach pain, headaches, tension; panic attacks almost daily; skin crawling; complete avoidance of activity and others; frequent thoughts of not living
9	<b>Agonizing</b> - Unable to function; doesn't leave house; feeling completely paralyzed; unwanted/obsessive thoughts that will not stop; multiple panic attacks daily; constant thoughts of not living with a plan to end life. Hospitalization is required.
10	<b>Worst Imaginable</b> - Only thought is to end life (with intent and plan); no functioning; no communication; others insist on taking individual to hospital or calling 911. Hospitalization is required.