



Symptom	Are you experiencing it?	How long?	
<b>Mental</b>			
problems in concentration	<input type="radio"/>	Less than 6 months	More than 6 months
rumination	<input type="radio"/>	Less than 6 months	More than 6 months
irritability	<input type="radio"/>	Less than 6 months	More than 6 months
feeling like your mind has gone blank	<input type="radio"/>	Less than 6 months	More than 6 months
memory trouble	<input type="radio"/>	Less than 6 months	More than 6 months <sup>✓</sup>
feeling helpless	<input type="radio"/>	Less than 6 months	More than 6 months
constant thoughts of death	<input type="radio"/>	Less than 6 months	More than 6 months
constantly anticipating the worst	<input type="radio"/>	Less than 6 months	More than 6 months
<b>Physical</b>			
fatigue	<input type="radio"/>	Less than 6 months	More than 6 months
restlessness	<input type="radio"/>	Less than 6 months	More than 6 months
trouble with sleeping	<input type="radio"/>	Less than 6 months	More than 6 months
muscular tension	<input type="radio"/>	Less than 6 months	More than 6 months
fight-or-flight response	<input type="radio"/>	Less than 6 months	More than 6 months
changes in eating habits	<input type="radio"/>	Less than 6 months	More than 6 months
elevated heart rate	<input type="radio"/>	Less than 6 months	More than 6 months
increased blood pressure	<input type="radio"/>	Less than 6 months	More than 6 months
shortness of breath	<input type="radio"/>	Less than 6 months	More than 6 months
shakiness	<input type="radio"/>	Less than 6 months	More than 6 months
headaches	<input type="radio"/>	Less than 6 months	More than 6 months
nausea	<input type="radio"/>	Less than 6 months	More than 6 months
diarrhea	<input type="radio"/>	Less than 6 months	More than 6 months
dry mouth	<input type="radio"/>	Less than 6 months	More than 6 months
chest pain	<input type="radio"/>	Less than 6 months	More than 6 months
impotence	<input type="radio"/>	Less than 6 months	More than 6 months
<b>Behavioral</b>			
avoiding situations which provoked anxiety in the past	<input type="radio"/>	Less than 6 months	More than 6 months
pacing back and forth	<input type="radio"/>	Less than 6 months	More than 6 months
foot tapping	<input type="radio"/>	Less than 6 months	More than 6 months
nervous tics	<input type="radio"/>	Less than 6 months	More than 6 months
nail biting	<input type="radio"/>	Less than 6 months	More than 6 months
self-soothing	<input type="radio"/>	Less than 6 months	More than 6 months
unintentional speaking in a high-pitched voice	<input type="radio"/>	Less than 6 months	More than 6 month