

## Appendix 3. Interview questions to screen for anxiety symptoms and specific anxiety disorders

Questions	Responses
<p><b>Part 1: Identify anxiety</b></p> <p>“How have things been going for you recently?”</p> <p>“Any problems with excessive stress, worry, or anxiety?”</p>	<p>[IF YES] Could you tell me about that?</p> <p>When did the extra difficulty seem to start?</p> <p>Were there any major changes or stresses in your life at that time?</p>
<p><b>Part 2: Explore positive responses above with the following types of questions.</b></p> <p><b>Modify questions to patient’s responses</b></p> <p>“What kinds of things do you worry about? Do you worry excessively about everyday things like your family, your health, work, or finances? Do friends or loved ones tell you that you worry too much? Do you have difficulty controlling your worry, such that the worry keeps you from sleeping or makes you feel physically ill with headaches, stomach troubles, or fatigue?”</p> <p>“Do you have times when you experience a sudden rush of symptoms or uncomfortable physical feelings such as racing heart or dizziness? Do you have feelings of fear or panic at these times? Have these spells ever occurred out of the blue, without any obvious trigger or cause?”</p> <p>“Do you avoid any situations because you might experience these spells of symptoms or feelings of fear or anxiety?” (for example, crowds, enclosed places, driving, leaving the house alone, or other situations)</p>	<p>[IF YES] Could you tell me about that?</p> <p><b>See section on GAD</b></p> <p>[IF YES] Could you tell me about that?</p> <p><b>See section on GAD</b></p> <p>[IF YES] Could you tell me about that?</p> <p><b>See section on GAD</b></p>
<p><b>Part 3: If an anxiety problem is identified, explore whether the problem causes interference or a high level of distress</b></p> <p>Does this problem with [THE SYMPTOMS DESCRIBED BY THE PATIENT] bother you a lot?</p> <p>Does it interfere with your work, activities, or relationships?</p>	

Adapted from the proposal in the Canadian Guideline<sup>61</sup>.