

PATIENT NAME: Keila Flanagan
 PATIENT DOB: 6/4/09
 DATE OF VISIT: 4/6/22
 REASON FOR VISIT: viral gastroenteritis, discomfort w/ mom + dad
 ED flu

- ⑤ - ER Mon ^{4/4} am - For vomit x16, ? bilious emesis, + diarrhea
 - IV fluids + IV nausea med, viral gastroenteritis, DC on po med (ondansetron)
 BMP, UA, UPT, COVID, Flu, RSV NL/neg
 (glucose 153)
 - Vaginal irritation - ^{same, for years, maybe fluctuates?} candida, trich, BV neg
 EP ^{clear of white, scant on underwear} ^{menarche yet} ^{tylenol yesterday}
^{odor - fishy?} for HA w/ standing
 "pounding" top head
 improve when lay down
 - today - dizzy, lightheaded when stand, flushed, nausea - last y
 drinking more sips (water + apple juice) sees spots or black
 solids - crackers, croissant today
 9V since Monday
 last BM yesterday - diarrhea ^{consistency}, pain
 think hemorrhoid? blood on TP only

⑥ Well appearing, pleasant
 PERRLA, EOM, sclerae white, pallor
 OP NL color, moist
 9 lymphadenopathy, NL thyroid
 RRR w/o murmur
 CTAB

chaperone: mom

soft, ND, (+) mild hepatomegaly (~1-3cm below costal margin) + very tender to palpation, 9 abdomen
 tenderness elsewhere, 9 mass or splenomegaly
 Good cap refill, no skin pallor or jaundice
 GU - no rash, no excoriation, scant white discharge

- A/P
- 1) Viral gastroenteritis w/ presyncope w/ standing - due to dehydration although well perfused + MMM on exam. V/N/D resolved.
 - Continue to advance diet slowly (dairy last) + encourage fluids w/ sugar/electrolytes
 - Stand slowly, sit if feel presyncope w/ head between knees until passes
 - 2) Vulvovaginitis, swab negative + no infectious appearance (hx or exam), no lichen sclerosis on exam, possibly hygiene/irritant related. Cont to monitor.
 - 3) ? Hepatomegaly - mild size but tender, no systemic sx
 Add on labs to ED sample - ALT, AST, Alk Phos, bili
 - If nl, consider re-examine vs ultrasound before further w/u (CBCd, etc.)

Discussed plan w/ both mom + dad in person + individually on phone.

Aut

Time spent: 45 min

Date: 5/2/22

12 y.o (almost 13)

Pre-adolescent check-up:

Accompanied by: mom + dad - met together + alone

Concerns:

- cough lingering, runny nose, restart claritin? hx helping in spring-fall, ran out so didn't restart

(Back to back viral URI w/ allergic rhinitis, restart claritin d x 2 week, if stopped albuterol)

- anxiety (see below)

yogurt

increased

Diet: fruits ☒ vegetables ☒ dairy ☒ meats ☒ How much milk per day? % fat

Teeth: brushing 2 x/day; flossing ☐ dentist ☒ Pain anywhere?

Elimination:

brakes tightened

Sleep: hours/night

Development: School: grade 7th happy with grades? teacher - science favorite

Behavior problems?

Extracurricular / hobbies draw, slime, theater

Exercise run, skateboard, bike

Television/computer: hrs/day phone, watch, iPad, TV

rec path

screen rules
dad - not in bedroom, not after dinner, avoid certain apps
mom - not bedtime
revised screen time

Safety: seat belt ☐ helmet ☒ gun contact ☐ sunscreen ☐

Social: Family Changes? Fri-Fri alternate weeks Friends yes

treated disrespectfully by anyone?

disrespectful towards anyone?

Moods: thoughts about hurting self? ☒ , SSI

PHQ9 = 19 = moderately severe depression

GAD7 = 21 = severe anxiety

Puberty: changes? breast + pubic hair ~1-2 years ago Menarche: not yet
sources of information: mom

Substance abuse: cigarettes? other substances?

cigarettes?

other substances?

Anxiety

moods - happy, anxious + nervous sometimes sad + upset

past worsening few months especially at dad's

(stop mom half sibs x2)

i.e. leg hurt, text mom - want reassurance, don't get it always dad - complain about vents reassurance

~1-2y therapist Rebecca Ruid Thurs Mon today last

Excitation disorder

pick nails + pull hair
scabs + hairline
helps - shampoo, polish, fidget, slime

but also

- less freedom, different rules, specific friends only

- stress - bring clothes + stuffed animal from mom's, always brought up + "ushy"

new panic attacks few months ~1x every few weeks

dad's house or going there or mom

current goals
calming + breathing exercises meet goal

Severe situational anxiety triggered by parental conflict, esp at dad's house.

Discussed much option - not interested at this time, esp Ed (concern developing brain + not needed).

Cont weekly therapy -> CBT for skin picking + panic attacks. Continue "foolkit" like slime + have at both houses. Relaxation + Stress Reduction Workbook. Parents need to be consistent ultimately. Flu in Imo.

Time spent: 2 hours - >1h beyond wcl.

Date: 5/2/22

12 yo (almost 13)

Pre-adolescent check-up:

Sports: chest pain with exertion? ☒
 shortness of breath with exertion? ☒
 fainting / blackouts? ☒
 family history sudden cardiac death? ☒

→ PGP ~~MM~~ HS
 but I read much
 later

dad HLD
 30s

HLD
 16M 50s

→ screen when post-pub

Objective:

	500 Hz	1000 Hz	2000 Hz	4000 Hz	6000 Hz
R	db	db	db	db	db
Lt	db	db	db	db	db

Vision: Rt 20/20 Lt 20/20

Hearing tested last yr.
 No concerns

Physical Exam:

RR: 13 Pulse: 110 BP: 110/74 Temp: 98.6
 (✓ = normal) Wt: 132 lb 8 oz Ht / L: 63 cm 3/4 in BMI: 22.8 % ile
90 % ile 75 % ile 85 % ile

General Appearance

Eyes	Conjunctivae clear ☒ PERRL ☒ EOMI ☒ Fundoscopic disc margins sharp ☒ vessels ☒
Ears	Rt canal ☒ TM translucent ☒ landmarks ☒ Lt canal ☒ TM translucent ☒ landmarks ☒
Nose	patent nares ☒ mucosa ☒
Oropharynx	mucosa ☒ teeth ☒ tonsils ☒ duet purple
Neck	lymph nodes ☒ thyroid ☒
Breast	nipples ☒ Tanner stage: <u>4</u> masses?
Lungs	clear throughout ☒
Cardiovascular	Rhythm regular ☒ S1 ☒ S2 splits ☒ Murmur? ☒ pulses without radial / brachial - femoral delay ☒
Abdomen	bowel sounds ☒ absence of bruit ☒ soft ☒ nondistended ☒ nontender ☒ mass? ☒ palpable liver? ☒ spleen? ☒ kidneys? ☒ tip only ☒
Inguinal	nodes ☒
Genitourinary / Perineal	testes ☒ penis ☒ labia ☒ hymen ☒ Tanner stage: <u>4</u> anus ☒
Musculoskeletal Spine	Gait ☒ scoliosis? equal leg lengths ☒
Neurologic DTR's Cerebellar	UE <u>4</u> ; LE <u>4</u> ; symmetric? finger → nose ☒ heel → toe gait ☒ Rhomberg ☒
Integument	hair ☒ nails ☒ skin ☒ opetechiae ☒ bruising

Abnormalities:

Slight ↓ size/
 stable from last exam, less tender
 slightly more prominent from last exam,
 non-tender

chaperone offered, patient declined

Keep apb
 (US Thurs)
 P/u result
 eval size +
 appearance
 for reassurance
 (LFTs prev Nl
 CBCd not yet
 evaluated)

Impression:

Growth normal ☒
 Fit for competitive sports ☒
 Limitations? ☒

Plan:

Immunizations: UTD ☒

declined → defer until
 13 y wcc

Medications:

Follow-up: 1 mo (anxiety)

Mr. C

MODIFIED PATIENT HEALTH QUESTIONNAIRE-9

Name: Leila Flanagan Clinician: Dr. Andrea Tidman Date: 5/2/22

Instructions: How often have you been bothered by each of the following symptoms during the past two weeks? For each symptom put an "X" in the box beneath the answer that best describes how you have been feeling.

	Not At All (0)	Several Days (1)	More Than Half The Days (2)	Nearly Every Day (3)
1. Feeling down, depressed, irritable, or hopeless?			X	
2. Little interest or pleasure in doing things?		X		
3. Trouble falling asleep, staying asleep, or sleeping too much?				X
4. Poor appetite, weight loss, or overeating? <i>when nervous to do things</i>				X
5. Feeling tired, or having little energy? <i>like go to work</i>				X
6. Feeling bad about yourself – or feeling that you are a failure, or that you have let yourself or your family down?		X		
7. Trouble concentrating on things like school work, reading, or watching TV?				X
8. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?				X
9. Thoughts that you would be better off dead, or of hurting yourself in some way?	X			

In the past year have you felt depressed or sad most days, even if you felt okay sometimes?
☒ Yes ☐ No *maybe w/lf. mostly when at my job.* (19)

If you are experiencing any of the problems on this form, how difficult have these problems made it for you to do your work, take care of things at home or get along with other people?
☐ Not difficult at all ☐ Somewhat difficult ☒ Very difficult ☐ Extremely difficult

Has there been a time in the past month when you have had serious thoughts about ending your life?
☐ Yes ☒ No

Have you EVER, in your WHOLE LIFE, tried to kill yourself or made a suicide attempt?
☐ Yes ☒ No

**If you have had thoughts that you would be better off dead or of hurting yourself in some way, please discuss this with your Health Care Clinician, go to a hospital emergency room or call 911.

Office use only: Severity score: *19*

Richmond Pediatric and Adolescent Medicine

Urination problems
Vaginal discomfort
Cough
Exhaustion

Pt Name: Leila Flanagan

Pt. DOB: 6/4/09

Date of visit: 4/21/22

Reason for Visit: abd pain

4/29/22
@9300 better
abdominal pain
fever
from coughing
cough

- S: 1) Cold x 10d, HA, cough, runny nose, fatigue. ~~fever~~, Using albuterol ~~not~~ ^{helps} jittery side effect. sometimes don't know if anxiety vs asthma (no official dx) causing dyspnea. COVID x2 neg.
- 2) urination - Peed only once on 8h NS drive, fine since albuterol doesn't clearly help then. ~~dysuria/hematuria/frequency~~
- 3) vaginal irritation - same as before, thinks maybe discharge ↑, itching
- 4) Liver - worried since last visit, hurt when sick last week, better now, itching, pallor, jaundice
- 5) Anxiety - seeing therapist tomorrow

Meds: _____ Allergies: _____

O: // VS: Temp: _____ P: _____ RR: _____ O2Sat: _____ wt: _____ Pain?: _____

PE:	Normal	Abnormal	Explain Abnormal Findings:
General appearance:	☒	☐	
Skin:	☒	☐	<u>jaundice</u>
HEENT:	☒	☐	
TMs:	☒	☐	
OP:	☒	☐	
Neck:	☒	☐	
Chest/Lungs:	☒	☐	<u>cough/wheeze/crackles, good aeration</u>
Cardiovascular:	☒	☐	
Abdomen:	☐	☒	<u>(+) hepatomegaly stable from last visit, still very tender, erythema or discharge (splen tip also palpable, non tender)</u>
GU:	☒	☐	<u>edema</u>
Extremities:	☒	☐	
Neurologic:	☐	☐	

chaperone: mom

Labs/Tests: _____

- Assessment: 1) Viral URI - no clear asthma component - albuterol not clearly working. Ok to DC, but keep if emergency (reviewed s+ resp distress) - not just cough + ↑ anxiety.
- 2) reviewed NL urine patterns vs s+ UTI vs withholding fluid (edema)
- 3) Vulvovaginitis - no test needed. Hygiene + only.
- Plan: 4) Persistent hepatomegaly - now splen tip too (not concerning size), rec US to be safe, reassuring that LFTs NL. If truly enlarged, would consider CBCd, LDH, uric acid. US faxed
- 5) Anxiety - not enough time to adequately evaluate today. Rec see therapist tomorrow (1st visit in 3w) + f/u at WCC next wk (will be #1 discussion point).

Signature: al

Time spent: 45 min

Generalized Anxiety Disorder 7-Item (GAD-7) Scale

Name: HIC

Date: _____

t.

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not At All	Several Days	Over Half the Days	Nearly Every Day
1. Feeling nervous, anxious, or on edge	☐ 0	☐ 1	☐ 2	☒ 3
2. Not being able to stop or control worrying	☐ 0	☐ 1	☐ 2	☒ 3
3. Worrying too much about different things	☐ 0	☐ 1	☐ 2	☒ 3
4. Trouble relaxing	☐ 0	☐ 1	☐ 2	☒ 3
5. Being so restless that it's hard to sit still	☐ 0	☐ 1	☐ 2	☒ 3
6. Becoming easily annoyed or irritable	☐ 0	☐ 1	☐ 2	☒ 3
7. Feeling afraid as if something awful might happen	☐ 0	☐ 1	☐ 2	☒ 3

Add Scores for Each Column

☐ + ☐ + ☐ + ☐

Total Score (Sum of Column Scores)

11 (21)

If any of the above problems were identified, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

☐ Not Difficult At All ☐ Somewhat Difficult ☐ Very Difficult ☒ Extremely Difficult

16

[Handwritten signature]

PATIENT NAME: Leila Flanagan
 PATIENT DOB: 6/4/09
 DATE OF VISIT: 5/31/22
 REASON FOR VISIT: F/u anxiety
 + hepatosplenomegaly

⑤ anxiety still all time high
~~#802-847-3634~~ direct 802-847-7967, cell 802-399-8968
 rec psychiatrist referral (from thr Michael Grillman, Nancy + partner - goes)
 therapist Rebecca Ruid, sometimes feels like on dad's side than Leila's side, 8 weeks (tele)

NH weekend,

⊕ knee pain, ♂ red, swelling
 end of day

⊕ "splochy" sometimes

wants someone just for her + someone for family therapy (Rebecca) (Michael? psychiatrist)

haven't been to dad's 3wks, nighttime worst (most anxious)

triggers: family conflict,

but also random, mom walk by bathroom → startle reflex,
 on edge all the time

picking behavior, what helps: fidgets + mom call out ✓
 stable + gives alternative (hold hand)

- Ped Rheum 6/3

Ped Rheum 6/8 > appts scheduled, liver doesn't hurt as much

- eye pain after Stone borax → mascara → chlorine from pool, resolved → reassurance

⑥ GAD7=21

Well, some skin picking

No pallor, PERRLA, OP clear, no lymphadenopathy/cerv, supraclav, axillary, inguinal

RRR w/o murmur, CTAD

Abs soft

liver 3cm tender

spleen 2cm nontender > stable - slight ↑ size

A/P

- Hepatosplenomegaly - w/up sig for ⊕ ANA only. F/u w/ Hem + Rheum
 this week + next as planned.

- Anxiety - situational + generalized. Several somatic sx but unclear
 which due to anxiety while HSM w/u in process.

→ - Call Rebecca Ruid, left VM call, relay Leila's desire to have her as personal therapist
 + someone else for family. Called back 6/6 - 25 min convo - working on set boundaries "grown up
 problem that Leila's dropped off late" so Leila not stuck in middle. Maybe will refer intensive family therapy
 (Howard in person for drop offs. Ed might decline). No psych referral. Maybe talk Michael vs Nancy + Michael
 boundaries / shut down affect Leila.
 - Continue behavior mod for picking
 - No med at this time. Will try A therapy 1st + ongoing need to ↓ family conflict.
 - Called Ed, left VM call

- F/u 1 month

[Signature]

Time spent: @ 0 min

Generalized Anxiety Disorder 7-Item (GAD-7) Scale

Name: Leila Flanigan Date: 9/31/22

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not At All	Several Days	Over Half the Days	Nearly Every Day
1. Feeling nervous, anxious, or on edge	☐ 0	☐ 1	☐ 2	☒ 3
2. Not being able to stop or control worrying	☐ 0	☐ 1	☐ 2	☒ 3
3. Worrying too much about different things	☐ 0	☐ 1	☐ 2	☒ 3
4. Trouble relaxing	☐ 0	☐ 1	☐ 2	☒ 3
5. Being so restless that it's hard to sit still	☐ 0	☐ 1	☐ 2	☒ 3
6. Becoming easily annoyed or irritable	☐ 0	☐ 1	☐ 2	☒ 3
7. Feeling afraid as if something awful might happen	☐ 0	☐ 1	☐ 2	☒ 3

Add Scores for Each Column

Total Score (Sum of Column Scores)

☐	+	☐	+	☐	+	☒
						<u>All</u>

If any of the above problems were identified, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

☐ Not Difficult At All
 ☐ Somewhat Difficult
 ☐ Very Difficult
 ☒ Extremely Difficult

Figuring stuff out at 22/5

100.

DOB: 6/4/09

DOB: 6/29/22

Reason: anxiety

(S)

Anxiety - ^{in stress} small reduction, but not all gone, and ^{part of her} sad that not at dad's - miss him
Havent been to dad's in > 1 month → somatic symptoms (i.e. pain in side), worry (being late, getting assignments done) car hit something

Picking - nails, scabs still → ^{most anxious at nt} dad wants whole week if go back

Rebecca 8 weeks - rec fidget all the time - sometimes helps - Leila wants baby steps, there during day, mom @ night

- wrist vibrates if raise hands (more if trichotillomania)

- finger ~ mindfulness exercise

- keeping hands/mind busy helps

Fashion camp, running helps

Leila wants to try medicine to see if helps, keep seeing Rebecca, + someone else to help relationship w/ dad

? Ed + Tina meet w/ friend tomorrow to discuss situation, can't do therapy b/c friend. Discussed

many med Qs w/ Ed (spent ~30 min) - main worry → won't fix it, reliance on med, on it long term, affect brain during important developmental time in life.

Answered Qs. Still has reservations but chose to leave room to let Nancy, Leila, + I decide plan given legal decision making.

(O) Alert, NAD

Good eye contact

Anxious affect

pressured speech

some picking/fidgeting but less than prior

(A/P)

Severe generalized anxiety disorder - GAD7 historically 21

- S/p 5 therapists (most of life), recent x 2 yrs. Last 3 mo, anxiety at all time worst. Panic attacks. Somatic symptoms.

- Rec SSRI trial - reviewed how works, therapeutic dose range, side effects (including suicidality - already knows)
sertraline 12.5 mg daily Disp 15 tab = 30d, refills
Shaws Waterbury mom dispense in pill box (day of week)

→ - Ideally both parents give permission. Tried my best to answer Ed's Qs + give reassurance + sympathy where appropriate. Do recommend given severity anxiety s/p adequate therapy. Goal - short term - 3-6 mo when on therapeutic dose, then trial off.

- F/U 2 wks
likely ↑ 25 mg if no s.e. unless already achieved desired effect.

→ - Continue to explore family therapy for only Ed + Leila - currently resistant, + option of "baby steps" of daytime visits to maintain relationship that is mutually desired.

- called Ed after to update plan + notify f/u apt.

au tu

Time spent: 90 min

PATIENT NAME: Leila Flanagan
 PATIENT DOB: 6/14/09
 DATE OF VISIT: 7/12/22
 REASON FOR VISIT: Flup
 w/mom - met together + alone

- ⑤ Started 12.5 mg sertraline 2 wks ago
 + tylenol + ibuprofen helped

Some headache + dizziness last week, better now, No self harm, SI

Orleans, Cape Cod last week - enjoyable

Not sure if Δ anxiety, maybe less sad. Mom thinks more "stable"

Panic attacks ☒ in 2 wks but often situational

Rebecca (therapist) q 1 week, ^{working on} picking - still bad, might get wrist/vibrate device

takes 1/2 tab morning w/ claritin in pill box, can take w/ grapefruit juice? ^{study 802 tid ↑ serum (sertraline)} avoid daily grapefruit juice but occasional is ok

Saw Derm last week for cellulitis @ breast → Rx mupirocin bid x 7d

→ avoid NSAIDs

Thinking about annual Adirondack trip w/ dad's family, will likely talk to him individually, not via mom - encouraged.

Reviewed email from Rheum - clarified he did not mean to "recommend SSRIs", just treating anxiety (mindfulness, etc) may alleviate somatic sx but emphasized "stress does not cause hepatosplenomegaly"

What does Leila want to do? Try 25 mg.

- ⑥ Alert, NAD

Good eye contact

Some picking/fidgeting

Affect bright, somewhat anxious

Speech much less pressured

GAD7 = (12) moderate anxiety

- (A/P) Generalized anxiety disorder

- Typical side effects experienced, now resolved

- Possible slight improvement (GAD7 21 → 12) but dose subtherapeutic, so support plan to ↑ to 25 mg daily

- Continue therapy q 1 week

- Support plans to reach out to dad to maintain relationship. Mom planning to "stay out of it" - encouraged/support.

- F/u in 4-6 weeks to assess effect (repeat GAD7)

✓ Rx sertraline 25 mg daily Disp #30 w/ x refill
 Shaws Waterbury

✓ Updated Ed, LHM

Dr. M

Time spent: 30 min

Generalized Anxiety Disorder 7-Item (GAD-7) Scale

Name: *Leila Flanagan*

Date: *7/12/22*

t.

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not At All	Several Days	Over Half the Days	Nearly Every Day
1. Feeling nervous, anxious, or on edge	☐ 0	☐ 1	☒ 2	☐ 3
2. Not being able to stop or control worrying	☐ 0	☒ 1	☐ 2	☐ 3
3. Worrying too much about different things	☐ 0	☒ 1	☐ 2	☐ 3
4. Trouble relaxing	☐ 0	☐ 1	☒ 2	☐ 3
5. Being so restless that it's hard to sit still	☐ 0	☒ 1	☐ 2	☐ 3
6. Becoming easily annoyed or irritable	☐ 0	☐ 1	☐ 2	☒ 3
7. Feeling afraid as if something awful might happen	☐ 0	☐ 1	☒ 2	☐ 3

Add Scores for Each Column

Total Score (Sum of Column Scores)

☐	+	☐	+	☐	+	☐
		3		3		1

If any of the above problems were identified, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

☐ Not Difficult At All
 ☐ Somewhat Difficult
 ☒ Very Difficult
 ☐ Extremely Difficult

DOB: 6/4/09
DOS: 8/22/22 8/24/22
Reason: f/u anxiety
w/ mom - met together + alone

- ⑤ Moods "Better" - not worrying 10 things at once, only 1 at a time, more manageable
anxiety frequency ↓, still most days but not as severe
Sertraline 25 mg - thinks helping manage "a lot going on"
therapist Rebecca q 1 week (Monday), going well
Visiting Dad 2p-9p or 9p-9p - started last week, few days/week, initially went well then, left for friends birthday party last Friday - Ed frustrated that didn't stay for visit entire
bad visit other day, refusing to go again (yesterday supposed to go)
Swim Lake Elmore → dinner 8³⁰, Lella wanted drop off at Derek (step dad's) house not Nancy (original plan), argument/fight, Ed said would drive Derek's but then changed mind in car + brought to Nancy's
School next week 8th grade, best friend in class ✓

Racing heart last week intermittently, better off claritin? often w/ anxiety, but sometimes just sitting on couch, or when stand up (Apple watch says HR 108 max)
↑ HR few seconds, then low, then ~ for few min, no skipped beats
"super fast like running"

- ⑥ HR 62 + regular
Alert, NAD
Affect much more calm than in past -
less pressured speech, less fidgeting/picking
Good eye contact
RRR w/o murmur
CTAB

GAD7 = (7) = mild anxiety
(21 → 12 → 7)

- (AP) Generalized anxiety disorder - some improvement on (subjective + objective)
25 mg sertraline, not in remission but more manageable
- Continue 25 mg sertraline daily
- Continue therapy (Rebecca)
- Racing heart episodes sound c/w sinus tachycardia -
NI cardiac exam, reassuring Max HR 103, no palpitations
- Reassurance.
- F/u in 1 month (repeat GAD7)

Aut

Generalized Anxiety Disorder 7-Item (GAD-7) Scale

Name: Leila Flungen Date: 8/24/22

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not At All	Several Days	Over Half the Days	Nearly Every Day			
1. Feeling nervous, anxious, or on edge	☐ 0	☒ 1	☐ 2	☐ 3			
2. Not being able to stop or control worrying	☐ 0	☒ 1	☐ 2	☐ 3			
3. Worrying too much about different things	☒ 0	☐ 1	☐ 2	☐ 3			
4. Trouble relaxing	☐ 0	☒ 1	☐ 2	☐ 3			
5. Being so restless that it's hard to sit still	☐ 0	☒ 1	☐ 2	☐ 3			
6. Becoming easily annoyed or irritable	☐ 0	☐ 1	☒ 2	☐ 3			
7. Feeling afraid as if something awful might happen	☐ 0	☒ 1	☐ 2	☐ 3			
Add Scores for Each Column	☐	+	☐	+	☐	+	☐
Total Score (Sum of Column Scores)	<u>1</u>		<u>5</u>		<u>1</u>		<u>0</u>

If any of the above problems were identified, how difficult have these made it for you to do your work, take care of things at home, or get along with other people? 7

☐ Not Difficult At All
 ☒ Somewhat Difficult
 ☐ Very Difficult
 ☐ Extremely Difficult