

Anxious Temperament

Please use this questionnaire respecting the order of the listed items, circling “yes” or “no” on each question: “yes” should be considered only if the item had an onset before the age of 21 and has persisted for at least 2 years.

A criterion: Do you consider yourself as an “anxious person” compared to others? In other words, is anxiety part of your habitual personality, or your usual manner to react or to see things in everyday life? yes no

B criteria: Now I want to ask more precise questions concerning your personality

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| 1 Do you often worry excessively about situations that are new, unpredictable, or about future circumstances? | yes | no |
| 2 Do you habitually ruminate about past events? | yes | no |
| 3 Do you have tendency to complain about your health more than other people? | yes | no |
| 4 Are you often in excessive tension, or incapable to be relaxed in leisure time? | yes | no |
| 5 Are you often excessively preoccupied by your own performance or adequacy in everyday routine tasks at work or at home? | yes | no |
| 6 Do you consider yourself as hypersensitive to criticism or disapproval in a disproportionate way? | yes | no |
| 7 Are you an excessively shy person, troubled by social contacts with others? | yes | no |
| 8 Do you have a tendency to exaggerate physical difficulties or dangers, or taking risk in ordinary everyday tasks? | yes | no |
| 9 Have you a tendency to avoid social situations or leisure activities because of feeling embarrassed or constrained? | yes | no |

B criteria: Now I want to ask more precise questions concerning your personality

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| 10 Are you often excessively worried by the idea to get involved with others? | yes | no |
| 11 Are you often preoccupied by fear of abandonment or finding yourself alone? | yes | no |

C criteria: Has your anxious nature

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| 1 reduced your personal well being | yes | no |
| 2 impaired your socio-professional life | yes | no |
| 3 resulted in over-reactivity to everyday constraints and/or stresses | yes | no |
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