

## Zung Self-Rating Anxiety Scale (SAS)

For each item below, please place a check mark in the column which best describes how often you felt or behaved this way during the past several days. **Place check mark in the correct column.**

	A little of the time	Some of the time	Good part of the time	Most of the time
<b>1</b> I feel more nervous and anxious than usual.				
<b>2</b> I feel afraid for no reason at all.				
<b>3</b> I get upset easily or feel panicky.				
<b>4</b> I feel like I'm falling apart and going to pieces.				
<b>5</b> I feel that everything is all right and nothing bad will happen.				
<b>6</b> My arms and legs shake and tremble.				
<b>7</b> I am bothered by headaches neck and back pain.				
<b>8</b> I feel weak and get tired easily.				
<b>9</b> I feel calm and can sit still easily.				
<b>10</b> I can feel my heart beating fast.				
<b>11</b> I am bothered by dizzy spells.				
<b>12</b> I have fainting spells or feel like it.				
<b>13</b> I can breathe in and out easily.				
<b>14</b> I get feelings of numbness and tingling in my fingers & toes.				
<b>15</b> I am bothered by stomach aches or indigestion.				
<b>16</b> I have to empty my bladder often.				
<b>17</b> My hands are usually dry and warm.				
<b>18</b> My face gets hot and blushes.				
<b>19</b> I fall asleep easily and get a good night's rest.				
<b>20</b> I have nightmares.				

**Total** \_\_\_\_\_

SCORING

Source: William W.K. Zung. A rating instrument for anxiety disorders. Psychosomatics. 1971  
 The **Zung Self-Rating Anxiety Scale (SAS)** was designed by William WK Zung to quantify the level of anxiety for patients experiencing anxiety related symptoms. The self-administered test has 20 questions. Each question is scored on a scale of 1-4. There are fifteen questions worded toward increasing anxiety levels and five questions worded toward decreasing anxiety levels.

The scores range from 20-80.

20-44 Normal Range

45-59 Mild to Moderate Anxiety Levels

60-74 Marked to Severe Anxiety Levels

75-80 Extreme Anxiety Levels

	A little of the time	Some of the time	Good part of the time	Most of the time
1	1	2	3	4
2.	1	2	3	4
3	1	2	3	4
4	1	2	3	4
5.	4	3	2	1
6	1	2	3	4
7	1	2	3	4
8	1	2	3	4
9	4	3	2	1
10	1	2	3	4
11	1	2	3	4
12	1	2	3	4
13	4	3	2	1
14	1	2	3	4
15.	1	2	3	4
16	1	2	3	4
17	4	3	2	1
18	1	2	3	4
19	4	3	2	1
20	1	2	3	4

Total \_\_\_\_\_