



Anxiety Scale

Dr. Kranti K. Srivastava

Interpretive Report

VIVEK
02 Apr 2025



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Particulars

Name	VIVEK
Gender	MALE
Reason for Referral	Sample Report
Assessor	VIVEK PATIL

Disclaimer

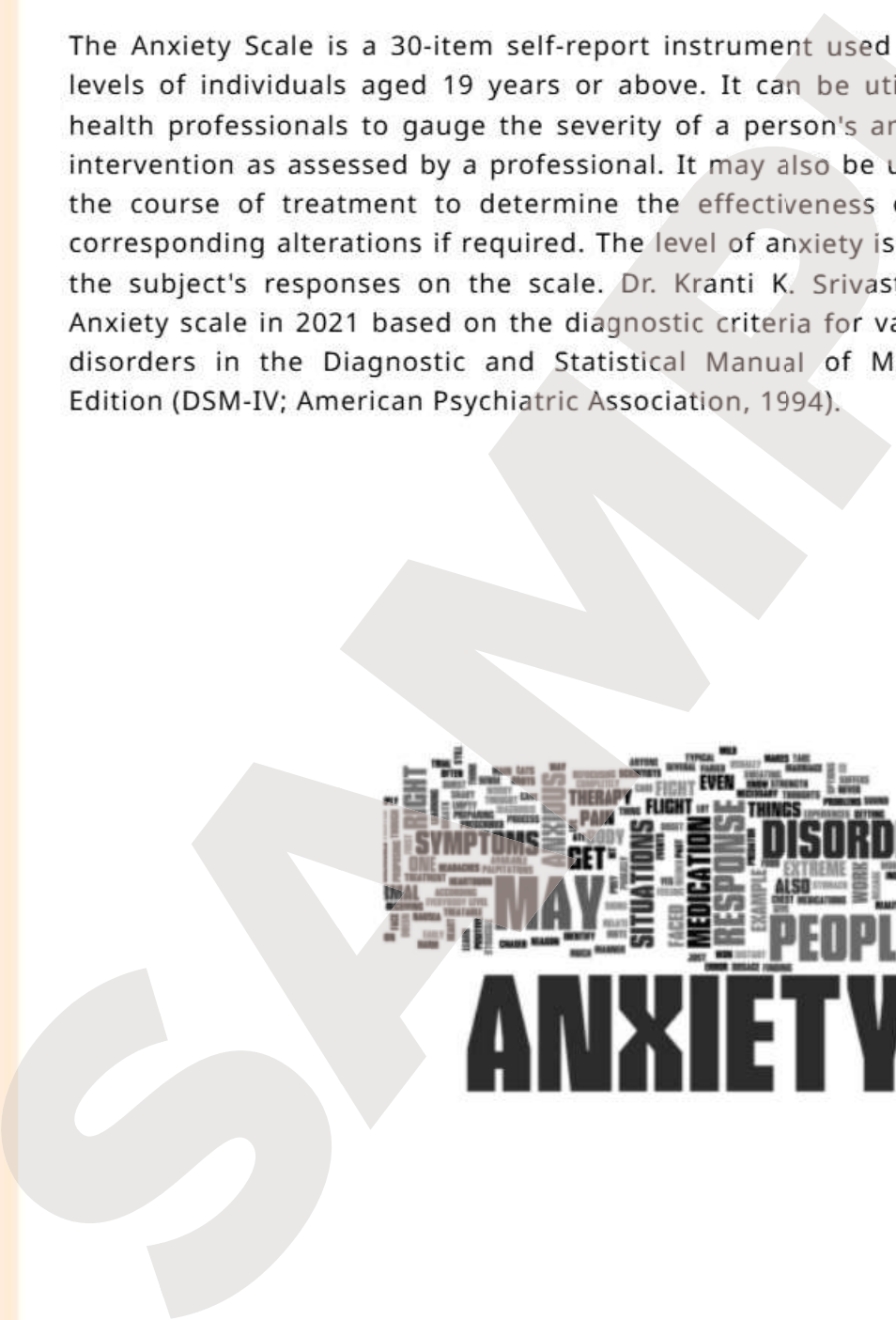
This profile arises from self-report questionnaires which may have alterations/variation due to individual's actual level of motivation, interests, experience, values, abilities, skills, mood state etc. than the analysis in the report captured basis the responses shared at the time of testing. The report must be interpreted in the light of corroborating evidence gained during the clinical interview. The findings of this report should be professionally interpreted in the light of other information about the individual. This report may include sensitive information that is likely to be misinterpreted by those without the required training. Authorization for use of this report is limited to the examinee and their designated consultants. Any further use requires the authorization of the examinee or their legal guardian.

Introduction

This report is based on the subject's responses to the "Anxiety Scale." The report provides a comprehensive interpretation about a person's anxiety level as measured on the Anxiety Scale.

Overview of the test

The Anxiety Scale is a 30-item self-report instrument used to measure the anxiety levels of individuals aged 19 years or above. It can be utilized by various mental health professionals to gauge the severity of a person's anxiety and guide further intervention as assessed by a professional. It may also be used multiple times over the course of treatment to determine the effectiveness of treatment and make corresponding alterations if required. The level of anxiety is obtained by summing the subject's responses on the scale. Dr. Kranti K. Srivastava has developed the Anxiety scale in 2021 based on the diagnostic criteria for various anxiety or related disorders in the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV; American Psychiatric Association, 1994).





Results

TOTAL SCORE	QUALITATIVE DESCRIPTOR
15	Below Average Level of Anxiety



Anxiety is a common mental health conditions characterized by excessive worry and fear about a variety of different things. It can often occur without an identifiable triggering stimulus. In general, people with anxiety-related problems display the following characteristics: 1. High levels of anxiety and/ or restrictive, self-defeating behaviour patterns. 2. A tendency to use elaborate defence mechanisms or avoidance responses to get through the day. 3. Pervasive feelings of stress, insecurity, inferiority, and dissatisfaction with life.

Total Score Interpretation

Below Average Level of Anxiety

The respondent's score on the Anxiety Scale corresponds to below average level of anxiety. Their symptoms are mild in their presentation and do not cause any impairment in their everyday life. They either experience symptoms contextually(i.e., in stressful situations particular to the respondent) or have good control over their manifestation. Common interventions like mindfulness, journaling, meditation, or counselling sessions can help the respondent deal with specific problems.



Item Responses

1	1	2	0	3	1	4	0
5	1	6	0	7	1	8	0
9	1	10	0	11	1	12	1
13	0	14	1	15	0	16	1
17	0	18	1	19	0	20	0
21	1	22	0	23	1	24	0
25	1	26	0	27	1	28	1
29	0	30	0				



Impressions / Suggestions

Assessor Suggestions for the Report

Urophi/Prasad