

ANXIETY CHECK-IN

This questionnaire—called the GAD-7 screening tool—can help you find out if you might have an anxiety disorder that needs treatment. It calculates how many common symptoms you have and suggests where you might be on a scale, from mild to severe anxiety.

Over the last 2 weeks how often have you been bothered by the following problems:	Not at all sure	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Worrying too much about different things	0	1	2	3
Trouble relaxing	0	1	2	3
Being so restless that it's hard to sit still	0	1	2	3
Becoming easily annoyed or irritable	0	1	2	3
Feeling afraid as if something awful might happen	0	1	2	3
<i>Add the score for each column</i>				
<i>Sum of all scores</i>				

The following cut-offs correlate with level of anxiety severity:

Score 0-4: Minimal Anxiety

Score 5-9: Mild Anxiety

Score 10-14: Moderate Anxiety

Score greater than 15: Severe Anxiety

Sources:

1. Spitzer RL, Kroenke K, Williams JB, Löwe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006;166:1092-7.
2. Plummer F, Manea L, Trepel D, McMillan D. Screening for anxiety disorders with the GAD-7 and GAD-2: a systematic review and diagnostic metaanalysis. Gen Hosp Psychiatry. 2016;39:24-31.
3. Kroenke K, Spitzer RL, Williams JB, Monahan PO, Löwe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Ann Intern Med. 2007;146:317-25.

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Being afraid is quite normal in many situations. Anxiety warns us of dangerous situations and can protect us. However, sometimes anxiety can also be a mental illness. An anxiety disorder is when you are anxious even though there is no reason for anxiety. Or if you are suddenly afraid of everyday things and the anxiety leads to problems in everyday life. Anxiety disorders can also have physical symptoms such as severe palpitations, trembling, nausea, shortness of breath and sweating.

I'm not feeling well. Where can I get help for free?

Contact	What do I get?	Languages available
ipso-care.com	seek advice from experienced counsellors online and anonymously	German, English, French, Turkish, Russian, Ukrainian, Somali, Italian, Farsi, Dari, Arabic, Tigrinya, Pashto and Burmese
0800 111 0 111 030 44 35 09 821 030 44 35 09 821	telephone counselling service (Telefonseelsorge) for urgent help, available 24 hours	German Arabic, Turkish and Urdu Russian
handbookgermany.de/en/mental-health	essential tips on Germany and its mental health policy framework online guide on how to find psychotherapeutic consultations	German, English, Arabic, Persian, Turkish, French, Pashto, Russian, and Ukrainian

Reduce Anxiety in 10 seconds

Try this grounding technique and focus on your surroundings by identifying:

- 5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste

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Ang questionnaire na ito—tinatawag na GAD-7 screening tool—ay maaaring makatulong sa iyo upang malaman kung maaari mong magkaroon ng karamdamang may kaugnayan sa pagkabalisa na nangangailangan ng paggamot. Ito ay nagkokomputa kung ilang karaniwang sintomas ang mayroon ka at nagmumungkahi kung saan ka maaaring matatagpuan sa isang scale, mula sa mild hanggang severe na pagkabalisa.

Sa loob ng nakaraang dalawang linggo, gaano ka nag-alala sa mga sumusunod na problema?	Hindi kailanman	Sa loob ng ilang araw	Sa loob ng lampas sa kalahati ng mga araw	Halos araw-araw
Ninenerbyos, balisa o kaya ay pakiramdam na nasa bingit	0	1	2	3
Kawalan ng kakayahan na pigilan o kontrolin ang pag-aalala	0	1	2	3
Pag-alala sa madaming sari-saring bagay	0	1	2	3
Hirap na makapag-relax	0	1	2	3
Pagkabalisa ng labis at nahihirapang umupo ng matiwasay	0	1	2	3
Mabilis mainis at irritable	0	1	2	3
Natatakot na para bang may masamang mangyayari	0	1	2	3
<i>Kalahatan/Suma Ng bawat Hanay</i>				
<i>Kalahatang/Suma Ng lahat Ng Hanay</i>				

Ang sumusunod na mga cut-off ay may kaugnayan sa antas ng pagkakaroon ng pagkabalisa:

Score 0-4: minimal o maliit na pagkabalisa

Score 5-9: mahinang pagkabalisa

Score 10-14: katamtamang pagkabalisa

Score higit sa 15: malalang pagkabalisa

Sources

- Spitzer RL, Kroenke K, Williams JB, Löwe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006;166:1092-7.
- Plummer F, Manea L, Trepel D, McMillan D. Screening for anxiety disorders with the GAD-7 and GAD-2: a systematic review and diagnostic metaanalysis. Gen Hosp Psychiatry. 2016;39:24-31.
- Kroenke K, Spitzer RL, Williams JB, Monahan PO, Löwe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Ann Intern Med. 2007;146:317-25.

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Ang pagkakaroon ng takot ay kadalasang normal sa maraming sitwasyon. Ang pagkabalisa ay nagbabala sa atin ng mga mapanganib na sitwasyon at maaaring protektahan tayo. Gayunpaman, minsan ang pagkabalisa ay maaari ring maging isang sakit sa isipan. Ang isang karamdamang may kaugnayan sa pagkabalisa ay kapag ikaw ay nababahala kahit walang dahilan para sa pagkabalisa. O kung bigla ka na lamang natatakot sa pang-araw-araw na bagay at ang pagkabalisa ay nagdudulot ng problema sa pang-araw-araw na buhay. Maaari ring magkaroon ng mga pisikal na sintomas ang mga karamdamang may kaugnayan sa pagkabalisa tulad ng matinding pagtibok ng puso, pamumula, pagkahilo, pagiging hingal, at pagpapawis.

Hindi ako gaanong okay. Saan ako makakakuha ng libreng tulong?

Mga Kontak	Ano ang Makukuha Ko?	Mga Available na Wika
ipso-care.com	Kumuha ng payo mula sa mga karanasang counselors online at nang hindi nakikilala.	German, English, French, Turkish, Russian, Ukrainian, Somali, Italian, Farsi, Dari, Arabic, Tigrinya, Pashto and Burmese
0800 111 0 111 030 44 35 09 821 030 44 35 09 821	teleponong serbisyo ng counselling (Telefonseelsorge) para sa agarang tulong, available 24 oras	German Arabic, Turkish and Urdu Russian
handbookgermany.de/en/mental-health	mga mahahalagang tip hinggil sa Alemanya at sa kanyang framework para sa mental health policy online na gabay kung paano makahanap ng mga konsultasyon sa psychotherapy	German, English, Arabic, Persian, Turkish, French, Pashto, Russian, and Ukrainian

Bawasan ang Pagkabalisa sa 10 segundo

Subukan ang grounding technique na ito at mag-focus sa iyong paligid sa pamamagitan ng pag-identify sa:

5 bagay na nakikita mo 4 bagay na maaari mong hawakan 3 bagay na iyong maririnig 2 bagay na maaari mong amuyin 1 bagay na maaari mong matikman

ANXIETY CHECK-IN 불안 점검

이 설문지—GAD-7 스크리닝 도구라 불리는 것—은 당신이 치료가 필요한 불안 장애가 있을 수 있는지 알아보는 데 도움을 줄 수 있습니다. 이는 당신이 가지고 있는 일반적인 증상의 수를 계산하고, 미세한 불안에서 심한 불안까지의 척도에서 어디에 위치할 수 있는지 제안합니다.

지난 2 주 동안 당신은 다음의 문제들로 인해서 얼마나 자주 방해 받았습니까?

	전혀 방해 받지 않았다	며칠 동안 방해 받았다	2 주 중 절반 이상 방해 받았다	거의 매일 방해 받았다
초조하거나 불안하거나 조마조마하게 느낀다	0	1	2	3
걱정하는 것을 멈추거나 조절할 수가 없다	0	1	2	3
여러 가지 것들에 대해 걱정을 너무 많이 한다	0	1	2	3
편하게 있기가 어렵다	0	1	2	3
너무 안전부절못해서 가만히 있기가 힘들다	0	1	2	3
쉽게 짜증이 나거나 쉽게 성을 내게 된다	0	1	2	3
마치 끔찍한 일이 생길 것처럼 두렵게 느껴진다	0	1	2	3
각 열의 점수를 더하세요				
모든 점수의 합				

다음은 불안의 심각도와 관련된 점수 기준입니다:

점수 0-4: 미미한 불안

S점수 5-9: 가벼운 불안

S점수 10-14: 중간 정도의 불안

점수 15보다 큰 경우: 심각한 불안

Sources:

- Spitzer RL, Kroenke K, Williams JB, Löwe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006;166:1092-7.
- Plummer F, Manea L, Trepel D, McMillan D. Screening for anxiety disorders with the GAD-7 and GAD-2: a systematic review and diagnostic metaanalysis. Gen Hosp Psychiatry. 2016;39:24-31.
- Kroenke K, Spitzer RL, Williams JB, Monahan PO, Löwe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Ann Intern Med. 2007;146:317-25.

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두려워하는 것은 많은 상황에서 상당히 정상적입니다. 불안은 우리에게 위험한 상황을 알리고 보호해줄 수 있습니다. 그러나 때로는 불안도 정신 질환일 수 있습니다. 불안장애는 불안이 없는 이유로도 불안할 때 또는 일상의 일에 갑자기 두려움을 느끼고 그 불안이 일상생활에서 문제를 일으킬 때 발생합니다. 불안장애는 심한 두근거림, 떨림, 구토, 숨 가쁨 및 땀 흘림과 같은 신체적 증상도 가질 수 있습니다.

제 기분이 좋지 않아요. 무료로 어디서 도움을 받을 수 있을까요?

연락처	무엇을 받을 수 있나요?	사용 가능한 언어
ipso-care.com	온라인으로 익명으로 경험이 풍부한 상담사로부터 조언을 구하십시오.	독일어, 영어, 프랑스어, 터키어, 러시아어, 우크라이나어, 소말리어, 이탈리아어, 페르시아어, 다리어, 아랍어, 티그리냐어, 파슈투어, 버마어
0800 111 0 111 030 44 35 09 821 030 44 35 09 821	긴급한 도움을 위한 전화 상담 서비스 (Telefonseelsorge), 24시간 이용 가능	독일어 아랍어, 터키어, 우르두어 러시아어
handbookgermany.de/en/mental-health	독일과 그 정신건강 정책 구조에 대한 필수 팁 심리치료 상담을 찾는 방법에 대한 온라인 안내서	독일어, 영어, 아랍어, 페르시아어, 터키어, 프랑스어, 파슈투어, 러시아어, 우크라이나어

10초 안에 불안감 줄이기

이 지상 기법을 시도하고 주변 환경을 식별하여 집중하세요:

5 볼 수 있는
가지 것

4 만질 수 있는
가지 것

3 들을 수 있는
가지 소리

2 가지 냄새

1 맛 볼 수 있는 것
가지

CHECK-IN: ANXIETY

Dieser Fragebogen – der GAD-7-Screening-Tool genannt – kann dir helfen herauszufinden, ob du möglicherweise eine Angststörung hast, die behandelt werden muss. Er berechnet, wie viele typische Symptome du hast und schlägt vor, wo du auf einer Skala von leichter bis schwerer Angst stehen könntest.

In den letzten 2 Wochen war ich von folgenden Problemen beeinträchtigt:	Überhaupt nicht	An einzelnen Tagen	An mehr als der Hälfte der Tage	Fast jeden Tag
Nervosität, Ängstlichkeit oder Anspannung	0	1	2	3
Nicht in der Lage, Sorgen zu stoppen oder zu kontrollieren	0	1	2	3
Übermäßige Sorgen bezüglich verschiedener Angelegenheiten	0	1	2	3
Schwierigkeiten zu entspannen	0	1	2	3
Rastlosigkeit, so dass Stillsitzen schwer fällt	0	1	2	3
Schnelle Verärgerung oder Gereiztheit	0	1	2	3
Gefühl der Angst, so als würde etwas Schlimmes passieren	0	1	2	3
<i>Add the score for each column</i>				
<i>Sum of all scores</i>				

Die folgenden Grenzwerte korrelieren mit dem Schweregrad der Angst:

Score 0-4: Minimale Angst

Score 5-9: Leichte Angst

Score 10-14: Moderate Angst

Score größer als 15: Schwere Angststörung

Sources:

1. Spitzer RL, Kroenke K, Williams JB, Löwe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006;166:1092-7.
2. Plummer F, Manea L, Trepel D, McMillan D. Screening for anxiety disorders with the GAD-7 and GAD-2: a systematic review and diagnostic metaanalysis. Gen Hosp Psychiatry. 2016;39:24-31.
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Es ist ziemlich normal, in vielen Situationen Angst zu haben. Angst warnt uns vor gefährlichen Situationen und kann uns schützen. Manchmal kann Angst jedoch auch eine psychische Erkrankung sein. Eine Angststörung liegt vor, wenn du ängstlich bist, obwohl es keinen Grund für Angst gibt. Oder wenn du plötzlich Angst vor alltäglichen Dingen hast und die Angst zu Problemen im Alltag führt. Angststörungen können auch körperliche Symptome wie starke Herzrasen, Zittern, Übelkeit, Atemnot und Schwitzen haben.

Mir geht es nicht gut. Wo kann ich kostenlos Hilfe bekommen?

Kontakt	Was bekomme ich?	Verfügbare Sprachen
ipso-care.com	Bekomme online und anonym Rat und Hilfe von erfahrenen psychosozialen Berater*innen	Deutsch, Englisch, Französisch, Türkisch, Russisch, Ukrainisch, Somali, Italienisch, Persisch, Dari, Arabisch, Tigrinya, Paschtu und Burmesisch
0800 111 0 111 030 44 35 09 821 030 44 35 09 821	Telefonseelsorge: Telefonberatungsdienst für dringende Hilfe und Notfälle, rund um die Uhr verfügbar	Deutsch Arabisch , Türkisch und Urdu Russisch
handbookgermany.de/en/mental-health	Wichtige Tipps zu Deutschland und den Rahmen für die Gesundheitspolitik im Bereich der psychischen Gesundheit Online-Leitfaden zur Suche von Psychotherapie	Deutsch, Englisch, Arabisch, Persisch, Türkisch, Französisch, Paschtu, Russisch und Ukrainisch

Reduziere Angst oder eine Angstattacke in 10 Sekunden

Probiere diese Erdungstechnik aus und konzentriere dich auf deine Umgebung:
Identifiziere:

- 5 Sachen, die du siehst 4 Sachen, die du fühlst 3 Sachen, die du hörst 2 Sachen, die du riechst 1 Sache, die du schmeckst