

Client _____ Date _____

Anxiety DSM-5 Diagnostic Criteria

The DSM-5 outlines the following criterion to make a diagnosis of anxiety.

The presence of excessive anxiety and worry about a variety of topics, events, or activities.

- Worry occurs more often than not for at least six months and is clearly excessive.
- The worry is experienced as very challenging to control.
- The worry in both adults and children may easily shift from one topic to another.

The anxiety and worry are accompanied by at least three of the following physical or cognitive symptoms (In children, only one of these symptoms is necessary for a diagnosis of GAD):

- Edginess or restlessness
- Tiring easily; more fatigued than usual
- Impaired concentration or feeling as though the mind goes blank
- Irritability (which may or may not be observable to others)
- Increased muscle aches or soreness
- Difficulty sleeping (due to trouble falling asleep or staying asleep, restlessness at night, or unsatisfying sleep)

I have provided the diagnostic information to the client and shared their diagnosis with them. They have agreed to work on the above identified behavioral symptoms. They acknowledged understanding that the identified symptoms will be directly implemented into their individualized treatment plan.

Date

Anxiety SUDS

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1 2 3 4 5 6 7 8 9 10

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Counselor Signature

Date