Screening Instruments

NOTE: This is only a suggested list of screening instruments. Screening tools have not been validated as stand-alone assessments for mental health disorders, and must be incorporated into the entire pre-participation evaluation. Trained experts at your institution may appropriately select other screening approaches. Athletics may alternatively or additionally choose to join with campus-wide screening programs conducted in conjunction with campus counseling centers, such as College Response (www.mentalhealthscreening.org).
SCREENING TOPIC:
ANXIETY

Measure: Beck Anxiety Inventory


Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, including today, by indicating the response option using: 0 for not at all; 1 for mildly but it didn’t bother me too much; 2 for moderately – it wasn’t pleasant at times; 3 for severely – it bothered me a lot.

1. Numbness or tingling 12. Hands trembling
3. Wobbliness in legs 14. Fear of losing control
4. Unable to relax 15. Difficulty in breathing
5. Fear of worst happening 16. Fear of dying
6. Dizzy or lightheaded 17. Scared
7. Heart pounding/racing 18. Indigestion
8. Unsteady 19. Faint/lightheaded
9. Terrified or afraid 20. Face flushed
11. Feeling of choking

Scoring: Sum item scores.

Interpretation: 0-21 indicates low anxiety, 21-35 indicates moderate anxiety, more than 36 indicates high anxiety. Individuals scoring in the moderate anxiety range or higher should have a follow-up discussion between the student-athlete and a member of the primary athletics health care provider team and/or point person for determination about whether the student-athlete should be referred to a licensed mental health professional for further evaluation.