

Anxiety Awareness Measure

Rate how well each of the following items describes you in general.

0	1	2	3	4
very little	a little	some	much	very much

1. ____ If I feel knots in my stomach, I worry something is really wrong with me.
2. ____ When my heart flutters, I worry that I'm serious ill.
3. ____ When my chest hurts, I think I'm going to have a heart attack.
4. ____ I worry that any tightness in my chest means I'm going to be short of breath.
5. ____ If I feel any tension in my throat, I know I'll choke.
6. ____ When my heart races, I start to get very afraid.

7. ____ If my thoughts are racing, I know I'm losing my mind.
8. ____ If my mind blanks out, it means there is something seriously wrong with me.
9. ____ When I feel mentally off, I worry I have serious mental health issues.
10. ____ Not being able to control my thoughts, makes me worry I'm going crazy.
11. ____ When I can't concentrate, I think I'm losing control of everything.
12. ____ I get nervous when I can't focus on a task.

13. ____ I don't want to appear nervous in front of other people.
14. ____ If anyone sees me shaking, I think they will criticize me.
15. ____ I become really afraid when people notice my face reddening.
16. ____ If I sweat in front of others, I worry I will be criticized.
17. ____ I worry about passing out in public.
18. ____ I must hide my nervousness around others.

The Anxiety Awareness Measure Interpretation

As far as interpretations, the Anxiety Awareness Measure hasn't been normed. However, you can eyeball each subscale and get an idea of what your client's anxiety sensitivities are.

Items 1 to 6 = Physical concerns

items 7 to 12 = Cognitive concerns

items 13 to 18 = Social concerns

As a rule of thumb checking at least 2 symptoms at the "some" or higher level is probably an indication that this is a problem of anxiety sensitivity. I would follow-up with a discussion and see if the conversation confirms your suspicion.

The Panic Cycle



AVOIDANCE BEHAVIORS FOR PANIC

Look through this list and circle anything you do to manage or avoid bringing on a panic attack or anxiety.

- Staying at home because you are afraid you'll have a panic attack
- Avoiding people, places, or things that you think will bring on a panic attack
- Limiting physical activity, such as walking, going up steps, or lifting
- Rush through grocery stores or other public places
- Waiting until a checkout line is short so you don't have people around you
- Only going to certain places (e.g. restaurants, shopping, gas stations) because it feels safe or familiar
- Leaving a place or stopping an activity as soon as you feel the anxiety or panic coming on
- Going out when there are fewer people (early or late in the day or just before closing)
- Carrying items to help you feel safe, such as medicines, emergency bags, or other supplies
- Only going out with a trusted person in case you were to have anxiety or panic
- Trying hard to block out anxious thoughts in situations in which you might panic
- Getting intoxicated before you do something
- Taking anti-anxiety meds just before you have to do something that might cause panic or anxiety
- Avoiding talking to strangers
- Limiting eye contact
- Talking a lot or asking a lot of questions
- Making a lot of jokes
- Avoiding situations in which you might have conversations
- Avoiding public speaking of any kind
- Whenever you speak in public, you try to make it end as fast as possible

Mindful Attention and Awareness Scale (MAAS)

Instructions: Please indicate how frequently or infrequently you CURRENTLY have each experience. Please answer according to what *really reflects* your experience rather than what you think your experience should be.

	1	2	3	4	5	6
1. I could be experiencing some emotion and not be conscious of it until some time later.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
2. I break or spill things because of carelessness, not paying attention, or thinking of something else.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
3. I find it difficult to stay focused on what's happening in the present.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
4. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
6. I forget a person's name almost as soon as I've been told it for the first time.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
7. It seems I am "running on automatic" without much awareness of what I'm doing.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
8. I rush through activities without being really attentive to them.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
9. I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
10. I do jobs or tasks automatically, without being aware of what I'm doing.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
11. I find myself listening to someone with one ear, doing something else at the same time.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
12. I drive places on "automatic pilot" and then wonder why I went there.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
13. I find myself preoccupied with the future or the past.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
14. I find myself doing things without paying attention.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>
15. I snack without being aware that I'm eating.	<i>almost always</i>	<i>very frequently</i>	<i>somewhat frequently</i>	<i>somewhat infrequently</i>	<i>very infrequently</i>	<i>almost never</i>

Mindful Attention Awareness Scale (MAAS), trait version Characteristics of the scale: The trait MAAS is a 15-item scale designed to assess a core characteristic of mindfulness, namely, a receptive state of mind in which attention, informed by a sensitive awareness of what is occurring in the present, simply observes what is taking place.

Scoring: take the average of all items.

MAAS norms to date:

Normative information on the trait MAAS is available for both community adults and college students, as follows:

Community adults (4 independent samples): $N = 436$; MAAS $M = 4.20$, $SD = .69$.

College students (14 independent samples): $N = 2277$; MAAS $M = 3.83$, $SD = .70$.

Alternate instructions for test: How much has this happened over the last two weeks. This may help pick up more changes in your clients. But the norms don't apply to this.

Brown, K.W. & Ryan, R.M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84, 822-848.

Carlson, L.E. & Brown, K.W. (2005). Validation of the Mindful Attention Awareness Scale in a cancer population. *Journal of Psychosomatic Research*, 58, 29-33.

Meditation Challenges

Challenge	Response
I don't always feel relaxed	Do your best to be open to anything; don't go in expecting to feel better
Sometimes, meditating makes me feel worse	You're learning to sit with your anxiety and panic instead of avoiding it. Try to be patient and to mindfully notice how those sensations pass
Sitting still is impossible	Try to build up from 5 min to 20 min
I couldn't find time to meditate	Try just 3 times per week. Remind yourself of your reason for getting help

Nonstriving Vs. Striving When Pursuing Goals

Striving	Nonstriving
So focused on a goal that they lose sight of the present moment	Pursuing a goal but engaged in the present as well
Working hard toward a goal but only wanting good feedback or results	Working hard toward a goal but open to both good and bad feedback or results
Wanting desperately for something to happen	Pursuing a goal with calmness and openness
Demanding just one outcome	Being open to many outcomes
Approaching a problem rigidly and inflexibly	Moving toward a goal in different ways, depending on circumstance

Body Vigilance Scale

This scale is designed to index how sensitive you are to internal bodily sensations such as heart palpitations or dizziness. Fill it out according to how you have felt for the **past week**.

1. "I am the kind of person who pays close attention to internal body sensations."

0	1	2	3	4	5	6	7	8	9	10
Not at all		Somewhat						Extremely		

2. "I am very sensitive to **changes** in my internal body sensations."

0	1	2	3	4	5	6	7	8	9	10
Not at all		Somewhat						Extremely		

3. "On average, **how much time** do you spend each day scanning your body for sensations?"

0	10	20	30	40	50	60	70	80	90	100
Never		Half the time						Constantly		

4. Rate how much attention you pay to each of the following sensations using this scale:

0	1	2	3	4	5	6	7	8	9	10
none	slight		moderate			substantial		extreme		

1. _____ heart palpitations
2. _____ chest pain/discomfort
3. _____ numbness
4. _____ tingling
5. _____ shortness of breath/smothering
6. _____ faintness
7. _____ vision changes
8. _____ feelings of unreality
9. _____ feeling detached from the self
10. _____ dizziness
11. _____ hot flash
12. _____ sweating/clammy hands
13. _____ upset stomach
14. _____ nausea
15. _____ coking/throat closing

Schmidt, Norman B., Lerew, Darin R., & Trakowski, John H. (1997). Body vigilance in panic disorder: Evaluating attention to bodily perturbations. *Journal of Consulting and Clinical Psychology*, Vol 65(2), 214-220. doi: 10.1037/0022-006X.65.2.214

4 items; 11 point Likert-like scale ranging from 0 (Not at all like me) to 10 (Extremely like me).

Three items assess degree of attentional focus, perceived sensitivity to changes in bodily sensations, and the average amount of time spent attending to bodily sensations. A fourth item involves separate ratings for attention to 15 sensations (e.g., heart palpitations) that include all of the DSMIV physical symptoms described for panic attacks in accordance with the Diagnostic and Statistical Manual of Mental Disorders (4th ed.; DSM-IV; American Psychiatric Association, 1994). Scores on Item 3 are divided by 10. Ratings for the 15 sensations are averaged to yield one overall score for Item 4. The BVS total score is the sum of items 1 -4.

Olatunji, B. O., Deacon, B. J., Abramowitz, J. S., & Valentiner, D. P. (2007). Body vigilance in nonclinical and anxiety disorder samples: structure, correlates, and prediction of health concerns. *Behavior Therapy*, 38(4), 392-401.

Norms: Panic disorder = 25.65 , social anxiety = 14.97, GAD = 20.66, Specific Phobia = 16.74

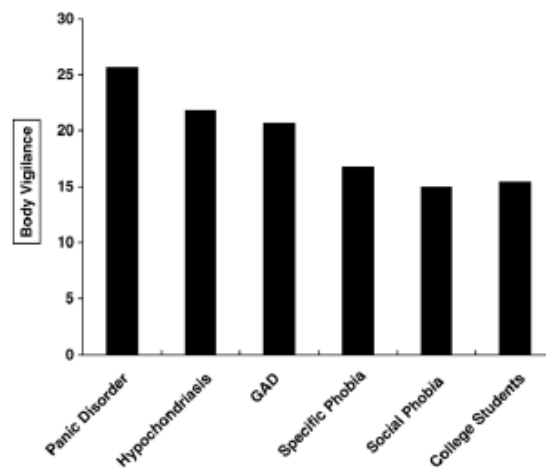


FIGURE 1 Body vigilance in undergraduate students and patients with anxiety disorders.

Exposure Hierarchy

Write down 5 to 10 situations that are likely to cause you panic or extreme anxiety. List them from hardest, 1, to easiest 10. Try to get at least 5.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Exposure Hierarchy Sample

Write down 5 to 10 situations that are likely to cause you panic or extreme anxiety. List them from hardest, 1, to easiest 10. Try to get at least 5.

1. Going to a large concert
2. Going to a football game
3. Going shopping at Wal Mart at noon on Saturday by myself for 45 minutes
4. Going shopping at Wal Mart at noon on Saturday with my husband for 45 minutes
5. Shopping in a mall on Friday afternoon for 30 minutes
6. Going to Starbucks by myself at 8 am on a weekday and sitting down for 20 minutes
7. Going to Starbucks at 8 am on a weekday and ordering a drink
8. Eating breakfast at McDonalds at 10 am for at least 15 minutes
9. Going to Barnes and Nobel just after opening for 10 minutes
10. Going to Wal Mart at 11 pm for 10 minutes