

Geriatric Anxiety Scale (GAS) – Version 2.0

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Below is a list of common symptoms of anxiety or stress. Please read each item in the list carefully. Indicate how often you have experienced each symptom during the PAST WEEK, INCLUDING TODAY by checking under the corresponding answer.

	Not at all (0)	Sometimes (1)	Most of the time (2)	All of the time (3)
1. My heart raced or beat strongly.				
2. My breath was short.				
3. I had an upset stomach.				
4. I felt like things were not real or like I was outside of myself.				
5. I felt like I was losing control.				
6. I was afraid of being judged by others.				
7. I was afraid of being humiliated or embarrassed.				
8. I had difficulty falling asleep.				
9. I had difficulty staying asleep.				
10. I was irritable.				
11. I had outbursts of anger.				
12. I had difficulty concentrating.				
13. I was easily startled or upset.				
14. I was less interested in doing something I typically enjoy.				
15. I felt detached or isolated from others.				
16. I felt like I was in a daze.				
17. I had a hard time sitting still.				
18. I worried too much.				
19. I could not control my worry.				
20. I felt restless, keyed up, or on edge.				
21. I felt tired.				
22. My muscles were tense.				
23. I had back pain, neck pain, or muscle cramps.				
24. I felt like I had no control over my life.				
25. I felt like something terrible was going to happen to me.				
26. I was concerned about my finances.				
27. I was concerned about my health.				
28. I was concerned about my children.				
29. I was afraid of dying.				
30. I was afraid of becoming a burden to my family or children.				

Geriatric Anxiety Inventory

Ensheng Dong

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Table of Contents Geriatric Anxiety Inventory

1. Understanding the eBook Geriatric Anxiety Inventory
 - The Rise of Digital Reading Geriatric Anxiety Inventory
 - Advantages of eBooks Over Traditional Books
2. Identifying Geriatric Anxiety Inventory
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Geriatric Anxiety Inventory
 - User-Friendly Interface
4. Exploring eBook Recommendations from Geriatric Anxiety Inventory
 - Personalized Recommendations
 - Geriatric Anxiety Inventory User Reviews and Ratings
 - Geriatric Anxiety Inventory and Bestseller Lists
5. Accessing Geriatric Anxiety Inventory Free and Paid eBooks
 - Geriatric Anxiety Inventory Public Domain eBooks
 - Geriatric Anxiety Inventory eBook Subscription Services
 - Geriatric Anxiety Inventory Budget-Friendly Options

6. Navigating Geriatric Anxiety Inventory eBook Formats
 - ePub, PDF, MOBI, and More
 - Geriatric Anxiety Inventory Compatibility with Devices
 - Geriatric Anxiety Inventory Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Geriatric Anxiety Inventory
 - Highlighting and Note-Taking Geriatric Anxiety Inventory
 - Interactive Elements Geriatric Anxiety Inventory
8. Staying Engaged with Geriatric Anxiety Inventory
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Geriatric Anxiety Inventory
9. Balancing eBooks and Physical Books Geriatric Anxiety Inventory
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Geriatric Anxiety Inventory
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Geriatric Anxiety Inventory
 - Setting Reading Goals Geriatric Anxiety Inventory
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Geriatric Anxiety Inventory
 - Fact-Checking eBook Content of Geriatric Anxiety Inventory
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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