

## *Assessments for Anxiety Disorders*

### **Clinical Interviews:**

*Structured Clinical Interview for DSM-IV* (SCID-IV; First, Gibbon, Hilsenroth, & Segal, 2004; [www.scid4.org](http://www.scid4.org) )

*Anxiety Disorder Interview Schedule for DSM-IV* (ADIS-IV; Di Nardo, Brown, & Barlow, 1994; [www.oup.com/us/catalog/general/subject/Psychology/PractitionerClientGuides/?view=usa&ci=9780195186727](http://www.oup.com/us/catalog/general/subject/Psychology/PractitionerClientGuides/?view=usa&ci=9780195186727))

Both are lengthy but comprehensive semi-structured clinical interviews that assess the DSM-IV diagnostic criteria for all of the anxiety disorders, as well as additional commonly co-occurring diagnoses.

*Mini International Neuropsychiatric Interview* (MINI; Sheehan et al., 1997 ; [www.medical-outcomes.com/index.php](http://www.medical-outcomes.com/index.php) )

A short but widely used psychiatric structured diagnostic interview. Does not provide the same level of detail as the SCID-IV or ADIS-IV, but is much briefer and covers DSM-IV diagnostic criteria.

### **Self-Report Instruments**

*PROMIS Item Bank v. 1.0 – Emotional Distress – Anxiety* (PROMIS Health Organization and PROMIS Cooperative Group, 2008; [www.assessmentcenter.net](http://www.assessmentcenter.net) )

Part of an online battery of questionnaires

*Beck Anxiety Inventory* (Beck, Epstein, Brown, & Steer, 1988)

The BAI is a reliable 21-item measure designed as a general measure of anxiety symptom severity.

*State-Trait Anxiety Inventory* (STAI; Spielberger, Gorsuch, Luschene, Vagg, & Jacobs, 1993)

The STAI comprises two scales, each consisting of 20 items, assessing state and trait levels of anxiety respectively.

*Anxiety Disorder Diagnostic Questionnaire* (ADDQ; Norton & Robinson, 2010)

The ADDQ is a four section self-report questionnaire measuring fearfulness and apprehension/worry, the severity, interference, and distress of the anxiety, as well as specific symptoms (i.e. shortness of breath, irritability).