

EASI-18

Over the last **two weeks**, how often have you been bothered by any of the following problems?
(Please circle the appropriate number)

	Not at all	Several days	More than half the days	Nearly every day
1. Once I started worrying, I could not stop or control it	0	1	2	3
2. I found it hard to relax	0	1	2	3
3. Worrying thoughts went through my mind	0	1	2	3
4. I got sudden feelings of panic, unrelated to my seizures	0	1	2	3
5. I found it difficult to stop worrying about having a seizure	0	1	2	3
6. Fear and anxiety stopped me from doing what was important	0	1	2	3
7. If I feared something might trigger a seizure, I avoided it completely	0	1	2	3
8. I avoided places where it would be difficult to get help if I had a seizure	0	1	2	3
9. I avoided places where people could witness me having a seizure	0	1	2	3
10. I got terrified out of the blue (unrelated to my seizures)	0	1	2	3
11. I thought a lot about the possibility of having a seizure	0	1	2	3
12. I worried about what others would think of me	0	1	2	3
13. I worried about the impact of epilepsy on people around me	0	1	2	3
14. I worried about situations where I might make a fool of myself	0	1	2	3
15. I found it hard to enjoy myself because I could not get my mind off my worries	0	1	2	3
16. I became frightened when I noticed signs or symptoms related to my epilepsy	0	1	2	3
17. I tended to expect or predict the worst outcome in situations	0	1	2	3
18. I worried whether I might do something to bring on a seizure	0	1	2	3

Total:

brEASI

Over the last **two weeks**, how often have you been bothered by any of the following problems?
Please circle the appropriate number

	Not at all	Several days	More than half the days	Nearly every day
1. Once I started worrying, I could not stop or control it	0	1	2	3
2. I found it hard to relax	0	1	2	3
3. Worrying thoughts went through my mind	0	1	2	3
4. I got sudden feelings of panic, unrelated to my seizures	0	1	2	3
5. Fear and anxiety stopped me from doing what was important	0	1	2	3
6. I avoided places where it would be difficult to get help if I had a seizure	0	1	2	3
7. I worried about situations where I might make a fool of myself	0	1	2	3
8. I found it hard to enjoy myself because I could not get my mind off my worries	0	1	2	3

Total:

Scoring Instructions

EASI: scores can range between 0 and 54, where higher scores indicate more severe anxiety.

Items 1, 2, 3, 4, 6, 10, 14, 15, and 17 reflect more typical anxiety symptoms

Items 5, 7, 8, 9, 11, 12, 13, 16, 18 reflect epilepsy-specific anxiety symptoms.

brEASI: scores can range between 0 and 24, where a score of **7 or greater** is indicative of a probable anxiety disorder.