



## Tools and resources on anxiety for use in clinical practice, education and training

### Download this guide

[Distress Management \(206kb pdf\)](#)

Assess for distress with the Distress Thermometer and Problem List by National Comprehensive Cancer Network (US)



### Complete this tool

[State Trait Anxiety Inventory \(STAI\) \(110kb pdf\)](#)

Assess and measure anxiety when faced with stress. Copyright by Consulting Psychologists Press



### Fill in this tool

[Hospital Anxiety and Depression Scale \(HADS\) \(64.8kb pdf\)](#)

Assess clinically significant symptoms of depression and anxiety with this tool by AS Zigmond and RP Snaith (1983)



### Fill in this resource

[Symptom Assessment Scale \(SAS\) \(172kb docx\)](#)

Assess the patient's anxiety around physical symptoms that bother, worry or cause distress using this tool by PCOC



### Optimise your learning

[Overview of anxiety in palliative care](#)

Increase your understanding of assessment, treatment methods and processes to manage anxiety by UpToDate



### Access this resource

[Anxiety in palliative care](#)

Read guidance by Therapeutic Guidelines on assessment and treatment of anxiety symptoms in a palliative care setting (subscription required)

