



Anxiety Questionnaire - Participant

Outward Bound courses place people in physically and emotionally challenging situations on purpose. The design of our courses can easily trigger anxiety, but if you are prepared and we are well-informed many Applicants with anxiety go on course and experience success. We recommend that you think ahead and create a plan. Do not wait to see what you will do once you get there. If you are in counseling, it is a good idea to discuss your course and develop a coping skills plan with your therapist. Depending on your level of anxiety and other factors, we may suggest a more appropriate course including a different course area or a course of fewer days.

You may complete your responses electronically. Type into the fields then digitally sign and email back.

Student Name: _____ **Course #:** _____

1. Are you currently in counseling for anxiety? Yes No
2. Are you currently on medications for anxiety? Yes No (if no skip to #6)
3. Are the medications taken daily or as needed, and what are the medication(s) and the date(s) you started taking the medication? Daily As needed

4. What were the circumstances that caused you to begin taking anxiety medication?

5. Do you feel that the medications are controlling your symptoms? Yes No
If "No", please comment:

6. What types of situations cause anxiety?

7. Do you currently or have you had panic attacks? Yes No
8. How many panic attacks have you had in the past year?
9. Describe what happens (duration, behaviors, etc) when you have panic attacks and/or anxiety?
10. What are your coping skills when anxiety occurs?

Anxiety Questionnaire - Participant *(continued)*

11. Does your anxiety prevent you from functioning or limit you in daily life? Yes No
Please comment:

12. Do confined spaces make you uncomfortable? Yes No
Please comment:

13. If you become anxious or have an anxiety attack you can't leave the wilderness easily for a more comfortable setting. Living outdoors for days/weeks, meeting new people, sleeping on the ground, and unpredictable challenging weather is very different than living at home where shelter and/or support is available. What is your level of concern about your course in general?

Very Concerned Somewhere in the middle Not concerned

Please comment:

14. You may have a solo on your course which will offer a period of anywhere from 3 hours to 3 days to be by yourself and reflect on your life back home and what you've accomplished on the course thus far. What are your feelings on being by yourself in the wilderness?

15. We want you to be as prepared as possible for the rigors of an Outward Bound course. Is there any extra information that you may need or any specific concerns you have about the course and/or activities?

16. Who filled out this questionnaire? The applicant Parent/Guardian Other:

Participant Signature

Date

Parent Signature

(if Applicant is 21 or under)

Date