

Solutions for anxiety and stress

Discover the nature of anxiety problems

The **Multidimensional Anxiety Questionnaire™ (MAQ™)** is a self-report measure designed to evaluate the severity of anxiety in adults ages 18–89 years. It provides an overall anxiety score as well as four subscales that measure specific anxiety domains and takes about 10 minutes to administer. Available in paper and pencil.

[Learn more at parinc.com/MAQ](http://parinc.com/MAQ)



Evaluate stress in the parent–child relationship

The **Parenting Stress Index™, Fourth Edition (PSI™-4)** was designed to examine the extent of stress in the parent–child dynamic (parents of children ages 1 month to 12 years). It focuses on stressors unique to this relationship, including daily hassles, dependency, and societal expectations. Administration time is 20 minutes. Available in paper and pencil, as a software download, and for **online administration and scoring via PARiConnect**. A screening version, the PSI-4 Short Form (PSI-4-SF), takes just 10 minutes to administer. The PSI-4-SF is now available in Spanish on PARiConnect!

[Learn more at parinc.com/PSI4](http://parinc.com/PSI4)





Quickly assess anxiety online

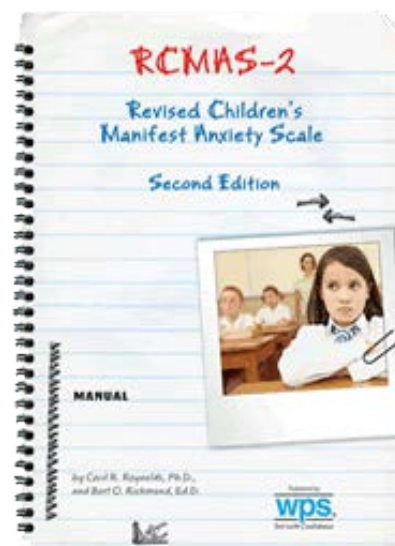
The **Generalized Anxiety Disorder-7 (GAD-7)** is a 7-item screener for anxiety based on the diagnostic criteria for generalized anxiety disorder. Available **online via CheckKIT on PARiConnect**.

Learn more at parinc.com/CheckKIT

Measure anxiety in children and adolescents

The **Revised Children's Manifest Anxiety Scale, Second Edition (RCMAS-2)** can be used to evaluate children for academic stress, test anxiety, peer/family conflicts, and drug problems. It can also be used for evaluating anxiety levels in classrooms or social situations.

Learn more at parinc.com/RCMAS-2



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your PAR Healthcare
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