

Table 1. Questionnaire Results

Subject category	Mean BAI* Score	Anxiety Category n (%)				Anxiolytic Treatment n (%)	
		Minimal	Mild	Moderate	Severe	Yes	No
Total (n=102)	10.3	52 (51.0)	24 (23.5)	17 (16.7)	9 (8.8)	24 (23.5)	78 (76.5)
Discussed symptoms with physician:							
Yes (n=47)	16.2	15 (31.9)	9 (19.1)	14 (29.8)	9 (19.1)	22 (46.8)	25 (53.2)
No (n=55)	6.7	37 (67.3)	15 (27.3)	3 (5.5)	0 (0.0)	2 (3.6)	53 (96.4)
Felt symptoms required treatment:							
Yes (n=33)	19.0	6 (18.2)	7 (21.2)	11 (33.3)	9 (27.3)	17 (51.5)	16 (48.5)
No (n=69)	6.2	46 (66.7)	17 (24.6)	6 (8.7)	0 (0.0)	7 (10.1)	62 (89.9)
Consumed caffeine:							
None (n= 17)	10.0	9 (52.9)	4 (23.5)	3 (17.6)	1 (5.9)	2 (11.8)	15 (88.2)
1-3 per day (n=46)	8.5	26 (56.5)	12 (26.1)	5 (10.9)	3 (6.5)	10 (21.7)	36 (78.3)
4-6 per day (n=23)	12.3	9 (39.1)	6 (26.1)	5 (21.7)	3 (13.0)	8 (34.8)	15 (65.2)
>6 per day (n=16)	13.2	8 (50.0)	2 (12.5)	4 (25.0)	2 (12.5)	4 (25.0)	12 (75.0)
Received anxiolytic pharmacotherapy:							
Yes (n=24)	19.6	5 (20.8)	4 (16.7)	9 (37.5)	6 (25.0)	---	---
No (n=78)	7.6	47 (60.3)	20 (25.6)	8 (10.3)	3 (3.8)	---	---

* Beck Anxiety Inventory