

Need another word that means the same as “uptight”? Find 32 synonyms and 30 related words for “uptight” in this overview.

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The synonyms of “Uptight” are: edgy, high-strung, jittery, jumpy, nervy, overstrung, restive, anxious, disturbed, perturbed, troubled, bothered, distressed, concerned, upset, distraught, worried sick, disquieted, uneasy, ill at ease, fretful, agitated, in a state of agitation, nervous, like a cat on a hot tin roof, tense, overwrought, worked up, keyed up, strung out, stressed, under stress

Uptight as an Adjective

Definitions of "Uptight" as an adjective

According to the [Oxford Dictionary of English](#), “uptight” as an adjective can have the following definitions:

- *Being in a tense state.*
- *Anxious or angry in a tense and overly controlled way.*

Synonyms of "Uptight" as an adjective (32 Words)

agitated

Physically disturbed or set in motion.

*She was red and **agitated** with the effort of arguing.*

anxious

(of a situation or period of time) causing or characterized by worry or nervousness.

*Spent an **anxious** night waiting for the test results.*

bothered

Caused to show discomposure.

*I m not particularly **bothered** about how I look.*

concerned	Culpably involved. <i>A memorandum to those concerned.</i>
disquieted	Afflicted with or marked by anxious uneasiness or trouble or grief. <i>Spent many disquieted moments.</i>
<u>distraught</u>	Very worried and upset. <i>He is terribly distraught.</i>
distressed	Generalized feeling of distress. <i>A distressed leather jacket.</i>
disturbed	Having the place or position changed. <i>The disturbed books and papers on her desk.</i>
<u>edgy</u>	Tense, nervous, or irritable. <i>Their songs combine good music and smart edgy ideas.</i>
<u>fretful</u>	Feeling or expressing distress or irritation. <i>The baby was crying with a fretful whimper.</i>
high-strung	Being in a tense state.
ill at ease	Presaging ill fortune- P.B.Shelley.
in a state of agitation	Holding office.
jittery	Being in a tense state. <i>Caffeine makes me jittery.</i>
jumpy	Being in a tense state. <i>A jumpy pulse.</i>
keyed up	Serving as an essential component.
like a cat on a hot tin roof	Equal in amount or value.
<u>nervous</u>	Of or relating to the nervous system. <i>Nervous disease.</i>
nervy	Bold or impudent. <i>A nervy thing to say.</i>
overstrung	(of a piano) having strings in sets crossing each other obliquely. <i>An overstrung archery bow.</i>
overwrought	Deeply agitated especially from emotion. <i>She was too overwrought to listen to reason.</i>
perturbed	Thrown into a state of agitated confusion; ('rattled' is an informal term). <i>She didn't seem perturbed about the noises around her.</i>

restive	Being in a tense state. <i>The government has done nothing to ease restrictions and manufacturers are growing restive.</i>
stressed	Strengthened by the application of stress during manufacture prestressed. <i>He dropped out of the race clearly distressed and having difficulty breathing.</i>
strung out	That is on a string.
tense	Pronounced with relatively tense tongue muscles e g the vowel sound in beat. <i>She tried to relax her tense muscles.</i>
troubled	Characterized by unrest or disorder or insubordination. <i>His troubled private life.</i>
under stress	Located below or beneath something else.
uneasy	Relating to bodily unease that causes discomfort. <i>An uneasy coalition government.</i>
upset	(of a person's stomach) having disturbed digestion, especially because of something eaten. <i>The Bills upset victory over the Houston Oilers.</i>
worked up	Getting higher or more vigorous.
worried sick	Mentally upset over possible misfortune or danger etc.

Usage Examples of "Uptight" as an adjective

- *He is so uptight about everything.*

Associations of "Uptight" (30 Words)

aroused	Aroused to action. <i>The aroused opposition.</i>
constrained	Lacking spontaneity; not natural. <i>A constrained smile.</i>
constricted	Narrowed, especially by encircling pressure. <i>People seek an environment where they don t feel constricted.</i>
defuse	Make (a situation) less tense or dangerous. <i>A scheme that teaches officers how to defuse potentially explosive situations.</i>

<u>dejection</u>	A state of melancholy depression. <i>He was slumped in deep dejection.</i>
excitability	Excessive sensitivity of an organ or body part.
<u>excitable</u>	Responding too readily to something new or stimulating; easily excited. <i>These alkaloids act on nerve cells to make them more excitable.</i>
<u>flighty</u>	Guided by whim and fancy. <i>Flighty young girls.</i>
<u>fret</u>	Provide a musical instrument with frets. <i>There was a simple fret at the top of the walls.</i>
<u>fretful</u>	Nervous and unable to relax. <i>The baby was crying with a fretful whimper.</i>
irritability	An irritable petulant feeling. <i>Symptoms include insomnia and irritability.</i>
jittery	Being in a tense state. <i>Caffeine makes me jittery.</i>
<u>nervous</u>	Of or relating to the nervous system. <i>He s nervous of speaking in public.</i>
nervously	With nervous excitement. <i>Kevin nervously glanced at his watch.</i>
nervy	Bold or impudent. <i>It was kind of nervy for Billy to be telling him how to play.</i>
paralyze	Cause to be paralyzed and immobile. <i>The poison paralyzed him.</i>
peevish	Having or showing an irritable disposition. <i>A thin peevish voice.</i>
petulance	The quality of being childishly sulky or bad-tempered. <i>A slight degree of petulance had crept into his voice.</i>
querulous	Habitually complaining. <i>She became querulous and demanding.</i>
restlessly	In a restless manner.
sensitize	Make sensitive to a drug or allergen. <i>He was not sensitized to her emotional needs.</i>
<u>skittish</u>	Unpredictably excitable (especially of horses). <i>Skittish investors withdrew their money from equity markets.</i>
<u>strained</u>	Of a mainly liquid substance having been strained to separate out any solid matter. <i>Her voice was strained as she asked the question.</i>

stressed	Strengthened by the application of stress during manufacture prestressed. <i>Elision after a stressed syllable.</i>
<u>temper</u>	Make more temperate acceptable or suitable by adding something else moderate. <i>The display is a single sheet of glass tempered for strength.</i>
<u>tense</u>	Become stretched or tense or taut. <i>Tense piano strings.</i>
<u>troubled</u>	Beset by problems or difficulties. <i>These troubled areas.</i>
<u>uneasy</u>	Lacking a sense of security or affording no ease or reassurance. <i>An uneasy silence fell on the group.</i>
volatility	The property of changing readily from a solid or liquid to a vapor. <i>A week of historic stock market volatility.</i>