

Penn State Worry Questionnaire

Source: The items come from the Penn State Worry Questionnaire. <u>Public Domain</u>

References: Meyer TJ, Miller ML, Metzger RL, Borkovec TD (1990). Development and validation of the Penn State Worry Questionnaire. *Beh Research and Therapy*, 28, 487-495.

Brown, T.A. Confirmatory factor analysis of the Penn State Worry Questionnaire: Multiple factors or method effects? Behavior Research and Therapy (2003) 41, 1411-14226.

Fresco, D.M., et. al. (2003) Using the Penn State Worry Questionnaire to identify individuals with Generalized Anxiety Disorder: a receiver operating characteristic analysis. Journal of Behavior Therapy and Experimental Psychiatry. 34, 283-291.

Gillis, M.M., Haaga, D.A. and Ford, G.T. (1995) Normative values for the Beck Anxiety Inventory, Fear Questionnaire, Penn State Worry Questionnaire, and Social Phobia and Anxiety Inventory. Psychological Assessment, 7, 450-455.

Scale Description: A 16-item scale developed in 1990. There is strong research support for the ability of the scale to distinguish between patients with GAD and other anxiety disorders.

Scoring and Algorithm

Note: For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High

Each item is scored 1-5, as indicated below. Items 1, 3, 8, 10, and 11 are reversed scored. Total is sum of all 16 items. Possible range of scores is 16-80.

Algorithm

Total = 16-39	Low Worry
Total = 40-59	Moderate Worry
Total = 60-80	High Worry



Worry Assessment

Instructions:	Rate each of the following sta	tements on a scale of 1 ("not at all typical of me	e") to 5 ("very typical	l of me").
Please do not	leave any items blank.				

	1	2	3	4	5	
	Not at all typical of m	ne			Very typical of me	
1.	If I do not have enough	ugh time to do	everything, I do	o not wo	rry about it.	
2.	My worries overwho	elm me.				
3.	I do not tend to wor	ry about things				
4.	Many situations ma	ke me worry.				
5.	I know I should not	worry about th	ings, but I just	cannot h	elp it.	
6.	When I am under pr	ressure I worry	a lot.			
7.	I am always worryin	ng about somet	hing.			
8.	I find it easy to disn	niss worrisome	thoughts.			
9.	As soon as I finish o	one task, I start	to worry about	everythi	ng else I have to do.	
10.	I never worry about	anything.				
11.	When there is nothing	ng more I can o	do about a conc	ern, I do	not worry about it anymore.	
12.	I have been a worrie	er all my life.				
13.	I notice that I have b	been worrying	about things.			
14.	Once I start worryin	g, I cannot sto	p.			
15.	I worry all the time.					

WORRY ASSESSMENT



16. I worry about projects until they are all done.	
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