



Penn State Worry Questionnaire

Source: The items come from the Penn State Worry Questionnaire. [Public Domain](#)

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



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

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