

Penn State Worry Questionnaire (PSWQ)

Identifier

Date

Please read each statement and rate each of the following statements on a scale of 1 ('not at all typical of me') to 5 ('very typical of me'). There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

1 = Not at all typical of me

2 = Rarely typical of me

3 = Somewhat typical of me

4 = Often typical of me

5 = Very typical of me

1 If I don't have enough time to do everything,
I do not worry about it

2 My worries overwhelm me

3 I do not tend to worry about things

4 Many situations make me worry

5 I know I should not worry about things, but I just
can't help it

6 When I am under pressure I worry a lot

7 I am always worrying about something

8 I find it easy to dismiss worrisome thoughts

9 As soon as I finish one task, I start to worry about
everything else I have to do

10 I never worry about anything

11 When there is nothing more I can do about a concern,
I don't worry about it any more

12 I have been a worrier all my life

13 I notice that I have been worrying about things

14 Once I start worrying, I can't stop

15 I worry all the time

16 I worry about projects until they are done

Total score

Possible scores range from 16 to 80. Mean scores for groups with generalised anxiety disorder (GAD) range from 60 to 68. Lower scores are better. Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

Meyer, T. J., Miller, M.L., Metzger, R.L., & Borkovec, Thomas D (1990). Development and validation of the Penn State Worry Questionnaire. *Behaviour Research & Therapy*, 28(6), 487-495.