**Penn State Worry Questionnaire**

**Source:** The items come from the Penn State Worry Questionnaire. Public Domain


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.


**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. |

<table>
<thead>
<tr>
<th>Algorithm</th>
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<tbody>
<tr>
<td>Total = 16-39</td>
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<tr>
<td>Total = 40-59</td>
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<tr>
<td>Total = 60-80</td>
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Worry Assessment

**Instructions:** Rate each of the following statements on a scale of 1 (“not at all typical of me”) to 5 (“very typical of me”). Please do not leave any items blank.

1. If I do not 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 cannot 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 do not worry about it anymore.
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 cannot stop.
15. I worry all the time.
16. I worry about projects until they are all done.

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