

I.D.#: _____

Date: _____

Penn State Worry Questionnaire

Circle the number from the scale that best describes how typical or characteristic each of the 16 items is for you.

	Not at all typical		Somewhat typical		Very typical
1. If I don't have enough time to do everything, I don't worry about it.	5	4	3	2	1
2. My worries overwhelm me.	1	2	3	4	5
3. I don't tend to worry about things.	5	4	3	2	1
4. Many situations make me worry.	1	2	3	4	5
5. I know I shouldn't worry about things, but I just can't help it.	1	2	3	4	5
6. When I am under pressure, I worry a lot.	1	2	3	4	5
7. I am always worrying about something.	1	2	3	4	5
8. I find it easy to dismiss worrisome thoughts.	5	4	3	2	1
9. As soon as I finish one task, I start to worry about everything else I have to do.	1	2	3	4	5
10. I never worry about anything.	5	4	3	2	1
11. When there is nothing more I can do about a concern, I don't worry about it any more.	5	4	3	2	1
12. I've been a worrier all my life.	1	2	3	4	5
13. I notice that I have been worrying about things.	1	2	3	4	5
14. Once I start worrying, I can't stop.	1	2	3	4	5
15. I worry all the time.	1	2	3	4	5
16. I worry about projects until they are all done.	1	2	3	4	5

Add up the numbers circled above for a total score.

# of items circled 5	5 X ____	==
# of items circled 4	4 X ____	==
# of items circled 3	3 X ____	==
# of items circled 2	2 X ____	==
# of items circled 1	1 X ____	==
TOTAL SCORE		==