

TABLE 3.1  
 PENN STATE WORRY QUESTIONNAIRE

Enter the number that best describes how typical or characteristic each item is of you, putting the number next to the item.

1	2	3	4	5
<i>Not at all typical</i>		<i>Somewhat typical</i>		<i>Very typical</i>

- \_\_\_ 1. If I don't have enough time to do everything, I don't worry about it. (R)
- \_\_\_ 2. My worries overwhelm me.
- \_\_\_ 3. I do not tend to worry about things. (R)
- \_\_\_ 4. Many situations make me worry.
- \_\_\_ 5. I know I shouldn't 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. (R)
- \_\_\_ 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. (R)
- \_\_\_ 11. When there is nothing more I can do about a concern, I don't worry about it anymore. (R)
- \_\_\_ 12. I've 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.

Your Total Score: \_\_\_\_\_

(R) indicates a reverse score. To reverse score your question, if you give an answer of 1 ("not at all typical"), score it as a 5. If you answer 2, score it as a 4. If you answer 4, score it as a 2. If you answer 5, score it as a 1. A score of 3 remains unchanged.