ASI

Subject ID	Month	Day	Year	Week
0 0 0 0	0 0	0 0	0 0	0 0
1 1 1 1	1 1	1 1	1 1	1 1
2 2 2 2	2 2	2 2	2 2	2 2
3 3 3 3	3 3	3 3	3 3	3 3
4 4 4 4	4 4	4 4	4 4	4 4
5 5 5 5	5 5	5 5	5 5	5 5
6 6 6 6	6 6	6 6	6 6	6 6
7 7 7 7	7 7	7 7	7 7	7 7
8 8 8 8	8 8	8 8	8 8	8 8
9 9 9 9	9 9	9 9	9 9	9 9

Choose the one phrase that best represents the extent to which you agree with the item. If any of the items concern something that is not part of your experience (e.g., "It scares me when I feel shaky" for someone who has never trembled or had the "shakes"), answer on the basis of how you think you might feel if you had such an experience. Otherwise, answer all items on the basis of your own experience.

0 = Very Little
1 = A Little
2 = Some
3 = Much
4 = Very Much

	Very Little	A Little	Some	Much	Very Much
1. It is important to me not to appear nervous.	0	1	2	3	4
2. When I cannot keep my mind on a task, I worry that I might be going crazy.	0	1	2	3	4
3. It scares me when I feel "shaky" (trembling).	0	1	2	3	4
4. It scares me when I feel faint.	0	1	2	3	4
5. It is important to me to stay in control of my emotions.	0	1	2	3	4
6. It scares me when my heart beats rapidly.	0	1	2	3	4
7. It embarrasses me when my stomach growls.	0	1	2	3	4
8. It scares me when I am nauseous.	0	1	2	3	4
9. When I notice that my heart is beating rapidly, I worry that I might have a heart attack.	0	1	2	3	4
10. It scares me when I become short of breath.	0	1	2	3	4
11. When my stomach is upset, I worry that I might be seriously ill.	0	1	2	3	4
12. It scares me when I am unable to keep my mind on a task.	0	1	2	3	4
13. Other people notice when I feel shaky.	0	1	2	3	4
14. Unusual body sensations scare me.	0	1	2	3	4
15. When I am nervous, I worry that I might be mentally ill.	0	1	2	3	4
16. It scares me when I am nervous.	0	1	2	3	4