

PSWQ - A

For each statement, use the rating scale below to indicate how typical or characteristic it is for you.

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

1	2	3	4	5
Not at all typical		Somewhat typical		Very typical

Not at all typical
Somewhat typical
Very typical

- | | | | | | |
|---|---|---|---|---|---|
| 1. My worries overwhelm me. | 1 | 2 | 3 | 4 | 5 |
| 2. Many situations make me worry. | 1 | 2 | 3 | 4 | 5 |
| 3. I know I should not worry about things, but I just cannot help it. | 1 | 2 | 3 | 4 | 5 |
| 4. When I am under pressure, I worry a lot. | 1 | 2 | 3 | 4 | 5 |
| 5. I am always worrying about something. | 1 | 2 | 3 | 4 | 5 |
| 6. As soon as I finish one task, I start to worry about everything else I have to do. | 1 | 2 | 3 | 4 | 5 |
| 7. I have been a worrier all my life. | 1 | 2 | 3 | 4 | 5 |
| 8. I notice that I have been worrying about things. | 1 | 2 | 3 | 4 | 5 |