

### THE PENN STATE WORRY QUESTIONNAIRE

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

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

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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 don't tend to worry about things **(R)**.
4. \_\_\_\_ Many situations make me worry.
5. \_\_\_\_ I know I shouldn't worry about things but I just can't help it.
6. \_\_\_\_ When I'm under pressure, I worry a lot.
7. \_\_\_\_ I'm 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 that I can do about a concern, I don't worry about it any more **(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 all done.

Source: Meyer, T. J., Miller, M. L., Metzger, R. L. and Borkovec, T. D., 'Development and Validation of the Penn State Worry Questionnaire', *Behavior Research and Therapy*, 28 (1990). With permission from Elsevier.