

WORRY AND ANXIETY QUESTIONNAIRE

For numbers 2 to 4 and 6, circle the numbers most relevant to you.

1. What subjects do you worry about most often?

a)

d)

b)

e)

c)

f)

2. Do your worries seem excessive or exaggerated?

0

1

2

3

4

5

6

7

8

Not at all
excessive

Moderately
excessive

Totally
excessive

3. Over the past six months, how many days have you been bothered by excessive worry?

0

1

2

3

4

5

6

7

8

Never

One day out of two

Everyday

