

Penn State Worry Questionnaire

Name..... Date.....

Enter the number that best describes how typical or characteristic each item is of you:

Statements		Not at all typical	Not very typical	Some-what typical	Fairly typical	Very typical
1	If I don't have enough time to do everything, I don't worry about it.*	1	2	3	4	5
2	My worries overwhelm me.	1	2	3	4	5
3	I don't tend to worry about things.*	1	2	3	4	5
4	Many situations make me worry.	1	2	3	4	5
5	I know I should not worry about things, but I just cannot help it.	1	2	3	4	5
6	When I am under pressure I worry a lot.	1	2	3	4	5
7	I am always worrying about something.	1	2	3	4	5
8	I find it easy to dismiss worrisome thoughts.*	1	2	3	4	5
9	As soon as I finish one task, I start to worry about everything else I have to do.	1	2	3	4	5
10	I never worry about anything.*	1	2	3	4	5

Statements		Not at all typical	Not very typical	Some-what typical	Fairly typical	Very typical
11	When there is nothing more I can do about a concern, I do not worry about it any more.*	1	2	3	4	5
12	I have been a worrier all my life.	1	2	3	4	5
13	I notice that I have been worrying about things.	1	2	3	4	5
14	Once I start worrying, I cannot stop.	1	2	3	4	5
15	I worry all the time.	1	2	3	4	5
16	I worry about projects until they are all done.	1	2	3	4	5
Total (add all the scores together, after reversing*) _____						

How to score the Penn State Worry Questionnaire

Add up your scores for this measure using a scale from 1–5, where:

1 = not at all typical

5 = very typical.

It is important that you 'reverse score' items marked with an * as follows:

Reverse score items 1, 3, 8, 10 and 11:

Very typical of me = 1 (circled 4 on the sheet)

Circled 3 on the sheet = 2

Circled 2 on the sheet = 3

Circled 1 on the sheet = 4

Not at all typical of me = 5 (circled 1 on the sheet).

A score of 45 or more would suggest that worrying is a significant problem.