## Penn State Worry Questionnaire for Children (PSWQ-C)

## Client Information:

Name: Emily Johnson
Age: 10
Gender: Female
Date of Birth: June 15, 2013
Date of Assessment: August 20, 2023
Therapist/Counselor: Dr. Sarah Smith

## Instructions:

By selecting the appropriate number from the dropdown menu, please read each statement and indicate how often it is true for you. There are no right or wrong answers; we want your honest thoughts and feelings.

|  | 1 (Not at all true for me) | 2 | 3 | 4 | 5 (Very true for me) |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1. I worry about things working out the way I want them to. | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ |
| 2. Once I start worrying, I can't stop. | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ |
| 3. I worry about bad things happening to me. | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 4. I worry about things that might go wrong. | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ |
| 5. I worry about other people getting mad at me. | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ |


| 6. I worry about how well I will do in school. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 7. I worry about getting into trouble. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 8. I worry that I will say or do the wrong things. | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ |
| 9. I worry about what people think of me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 10. I worry about not being able to control my worries. | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ |
| 11. I worry about my family getting hurt. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 12. I worry about things that happened in the past. | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ |
| 13. I worry about not being as good as other kids my age. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 14. I worry about bad things happening to people I care about. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

Score: 53

## Interpretation:

Based on Emily's responses, her total score on the Penn State Worry Questionnaire for Children (PSWQ-C) is 53 . This places her in the range of high worry, indicating that she frequently experiences worrisome thoughts. It's important to discuss these results with Dr. Sarah Smith, her therapist, to better understand the sources of her worries and to develop strategies for managing and addressing her concerns.

