

Penn State Worry Questionnaire (PSWQ)

Name: _____ Date: _____

Please provide a rating for each of the following statements using a scale of 1 ("not at all typical of me") to 5 ("very typical of me"). Make sure not to leave any items unanswered.

ITEM	(1) Not at all typical	(2) Rarely typical of me	(3) Somewhat typical of me	(4) Often typical of me	(5) Very typical of me
1. If I do not have enough time to do everything, I do not worry about it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. My worries overwhelm me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I do not tend to worry about things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Many situations make me worry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I know I should not worry about things, but I just cannot help it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. When I am under pressure I worry a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I am always worrying about something.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I find it easy to dismiss worrisome thoughts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. As soon as I finish one task, I start to worry about everything else I have to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I never worry about anything.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. When there is nothing more I can do about a concern, I do not worry about it any more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I have been a worrier all my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I notice that I have been worrying about things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Once I start worrying, I cannot stop.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I worry all the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I worry about projects until they are all done.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TOTAL SCORE: _____

Scoring and interpretation

Individuals are assessed using a five-point scale, ranging from 1 (Not at all typical of me) to 5 (Very typical of me). The possible scores on this scale fall within the range of 16 to 80. Total scores between 16 and 39 indicate Low Worry, scores between 40 and 59 suggest Moderate Worry, and scores between 60 and 80 indicate High Worry.

Additional Notes:

Reference: Meyer, T. J., Miller, M. L., Metzger, R. L., & Borkovec, T. D. (1990). Penn State Worry Questionnaire (PSWQ) [Database record]. APA PsycTests. <https://doi.org/10.1037/t01760-000>