

**Penn State Worry Questionnaire (PSWQ)**

**Resource summary:** The PSWQ is a 16-item self-report questionnaire that measures worrying (e.g., how much a person worries, the effects of worrying on a person).

**Penn State Worry Questionnaire (PSWQ)**

**Instructions:** Rate each of the following statements on a scale of 1 (“not at all typical of me”) to 5 (“very typical of me”). Please do not leave any items blank.

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

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Scoring: Each of the 16 items is rated on a 5-point scale. Items 1, 3, 8, 10, and 11 are reverse scored as follows:

- Very typical of me = 1 (circled 5 on the sheet)
- Circled 4 on the sheet = 2
- Circled 3 on the sheet = 3
- Circled 2 on the sheet = 4
- Not at all typical of me = 5 (circled 1 on the sheet)

The remaining items are scored regularly. The item scores are added to produce a total score ranging from 16 to 80, with higher scores reflecting more worry. **A score of 50 or higher by an older person could mean significant worries are present**, but research on cutoff scores in older people is too limited to know for certain.<sup>1471</sup> Do not assume that an older client who scores below 50 does not have anxiety.