



UNIVERSITY MEDICAL CENTRE PSYCHOLOGICAL THERAPIES

Penn State Worry Questionnaire

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

	Not at all typical	Not very typical	Somewhat typical	Fairly typical	Very Typical
1. If I don't have enough time to do everything, I don't worry about it	0	1	2	3	4
2. My worries overwhelm me	0	1	2	3	4
3. I don't tend to worry about things	0	1	2	3	4
4. Many situations make me worry	0	1	2	3	4
5. I know I should not worry about things, but I just cannot help it	0	1	2	3	4
6. When I am under pressure I worry a lot	0	1	2	3	4
7. I am always worrying about something	0	1	2	3	4
8. I find it easy to dismiss worrisome thoughts	0	1	2	3	4
9. As soon as I finish one task, I start to worry about everything else I have to do	0	1	2	3	4
10. I never worry about anything	0	1	2	3	4
11. When there is nothing more I can do about a concern, I do not worry about it anymore	0	1	2	3	4
12. I have been a worrier all my life	0	1	2	3	4
13. I notice that I have been worrying about things	0	1	2	3	4
14. Once I start worrying, I cannot stop	0	1	2	3	4
15. I worry all the time	0	1	2	3	4
16. I worry about projects until they are all done	0	1	2	3	4