

APPENDIX 2.4: PENN STATE WORRY  
QUESTIONNAIRE (ABBREVIATED)

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		
1. My worries overwhelm me.	1	2	3	4	5	
2. Many situations make me worry.	1	2	3	4	5	
3. I know I should not worry about things, but I just cannot help it.	1	2	3	4	5	
4. When I am under pressure I worry a lot.	1	2	3	4	5	
5. I am always worrying about something	1	2	3	4	5	
6. As soon as I finish one task, I start to worry about everything else I have to do.	1	2	3	4	5	
7. I have been a worrier all my life.	1	2	3	4	5	
8. I notice that I have been worrying about things.	1	2	3	4	5	

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From “Development and Validation of the Penn State Worry Questionnaire,” by T. J. Meyer, M. L. Miller, R. L. Metzger, and T. D. Borkovec, 1990, *Behaviour Research and Therapy*, 28, pp. 487–495. Copyright 1990 by Elsevier. Reprinted with permission.