Penn State Worry Questionnaire

PSWQ | 16-item self-report measure

Name: _____ Date: _____

Instructions For each statement, circle the number that best describes how typical or characteristic it is of you.

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

Scoring & Interpretation

PSWQ | Scoring worksheet

How to score

1. Record responses. Use the circled response (1–5) for each of the 16 items.

2. Reverse-score five items. For items 1, 3, 8, 10, and 11, convert the circled response: 1 → 5, 2 → 4, 3 → 3, 4 → 2, 5 → 1.

3. Keep the other scores unchanged. For items 2, 4, 5, 6, 7, 9, 12, 13, 14, 15, and 16, use the circled number as the score.

4. Sum all scored items. Add the 16 item scores. Total possible score: 16–80; higher scores indicate greater trait worry.

Reverse-scoring shortcut: scored value = 6 – circled response.

Scoring worksheet

REVERSE-SCORED ITEMS

Item 1 _____
Item 3 _____
Item 8 _____
Item 10 _____
Item 11 _____
Subtotal: _____ / 25

STANDARD-SCORED ITEMS

Item 2 _____
Item 4 _____
Item 5 _____
Item 6 _____
Item 7 _____
Item 9 _____
Item 12 _____
Item 13 _____
Item 14 _____
Item 15 _____
Item 16 _____
Subtotal: _____ / 55

TOTAL PSWQ SCORE: _____ / 80

Severity ranges

29 or less	Not anxious or a worrier
30–51	Bothered by worries but below clinical range for worry
52–65	Currently have some problems with worry and may benefit from treatment
66 or more	Chronic worrier and in need of treatment to target this problem

Interpretation note. Scores describe worry severity and should be considered alongside clinical assessment.

Original measure: Meyer, T. J., Miller, M. L., Metzger, R. L., & Borkovec, T. D. (1990). Development and validation of the Penn State Worry Questionnaire. Behaviour Research and Therapy, 28, 487–495.