The brief PSWQ

Instructions: Rate each of the following statements on a scale of 1 (not at all typical ofme)

to 5 (very typical of me). Please do not leave any item blank.

1 2 3 4 5

Not at all typical of me Very typical of me

1. Many situations make me worry □ □ □ □ □

2. I know I should not worry about things, but I just cannot help it □ □ □ □ □

3. When I am under pressure I worry a lot □ □ □ □ □

4. I have been a worrier all my life □ □ □ □ □

5. I notice that I have been worrying about things □ □ □ □ □