



Penn State Worry Questionnaire (PSWQ)

Instructions:

Choose the response that best describes how typical or characteristic each item is of you.

		Not at all typical	Rarely typical of me	Somewhat typical of me	Often typical of me	Very typical of me
1	If I don't have enough time to do everything, I don't worry about it.	5	4	3	2	1
2	My worries overwhelm me.	1	2	3	4	5
3	I do not tend to worry about things.	5	4	3	2	1
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.	5	4	3	2	1
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.	5	4	3	2	1
11	When there is nothing more I can do about a concern, I don't worry about it anymore.	5	4	3	2	1
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



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Developer Reference:

Meyer, T. J., Miller, M. L., Metzger, R. L., & Borkovec, T. D. (1990). Development and validation of the penn state worry questionnaire. *Behavior Research and Therapy*, 28, 487-495.