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Below is a list of statements about worrying. Please read each statement and indicate how true each one is in describing your general/usual experience of worrying. Please tick the **one** option that most likely applies to you.

1. When I worry, it interferes with my day-to-day functioning (e.g. stops me getting my work done, organising myself or activities).
   - Not true at all [□ 0]
   - Somewhat true [□ 1]
   - Moderately true [□ 2]
   - Definitely true [□ 3]

2. When I think I should be finished worrying about something, I find myself worrying about the same thing, over and over.
   - Not true at all [□ 0]
   - Somewhat true [□ 1]
   - Moderately true [□ 2]
   - Definitely true [□ 3]

3. My worrying leads me to feel down and depressed.
   - Not true at all [□ 0]
   - Somewhat true [□ 1]
   - Moderately true [□ 2]
   - Definitely true [□ 3]

4. When I worry, it interferes with my ability to make decisions or solve problems.
   - Not true at all [□ 0]
   - Somewhat true [□ 1]
   - Moderately true [□ 2]
   - Definitely true [□ 3]

5. I feel tense and anxious when I worry.
   - Not true at all [□ 0]
   - Somewhat true [□ 1]
   - Moderately true [□ 2]
   - Definitely true [□ 3]

6. I worry that bad things or events are certain to happen.
   - Not true at all [□ 0]
   - Somewhat true [□ 1]
   - Moderately true [□ 2]
   - Definitely true [□ 3]

7. I often worry about not being able to stop myself from worrying.
   - Not true at all [□ 0]
   - Somewhat true [□ 1]
   - Moderately true [□ 2]
   - Definitely true [□ 3]

8. As a consequence of my worrying, I tend to feel emotional unease or discomfort.
   - Not true at all [□ 0]
   - Somewhat true [□ 1]
   - Moderately true [□ 2]
   - Definitely true [□ 3]


Updated 24 October 2005