

Anxiety Forms Inventory

This exploratory questionnaire profiles the forms anxiety takes: pervasive worry, panic attacks, fear of judgment, feared situations, health worries, and physical tension. It helps clarify a presenting complaint of anxiety in the first sessions and tailor treatment to the form that predominates.

Number of questions	24 questions
Estimated duration	6 minutes
Language	English
Original name	Anxiety Forms Inventory
Target audience	Adults
Category	Phobias, Panic disorder, Anxiety

Preview of the 24 questions

Over the past month, how often has this been true for you?

I worry about many different things in my daily life.

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

I have sudden panic attacks, with a racing heart or shortness of breath.

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

I'm afraid of what other people think of me.

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

I avoid certain situations because they scare me too much (public transportation, crowds, enclosed spaces, heights, etc.).

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

I'm afraid I might have a serious illness.

Never | Rarely | Sometimes | Often | Very often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Scoring

Each statement is scored from 0 (never) to 4 (very often) based on its frequency over the past month. Each domain combines 4 statements spread throughout the questionnaire, giving a score from 0 to 16.

Reading the profile

There is no total score. Domains are ranked from most to least elevated, each with a description of what it covers and points to explore in the interview. The profile shows which forms of anxiety predominate. It is common for several domains to be elevated at once; the interview then establishes which form is primary and which ones follow from it.

Limitations

This exploratory questionnaire has not undergone psychometric validation and has no cutoffs. It supports the clinical interview and does not provide a diagnosis.

Scoring example

Scoring

Panic attacks — 15 / 16

Sudden surges of anxiety with intense physical sensations, and fear that they will happen again.

Areas to explore: the circumstances of the attacks, their frequency, how the person interprets their sensations, any avoidance that has developed since.

Feared situations — 12 / 16

Intense fear of certain places, situations, or objects, and the resulting avoidance (public transportation, crowds, enclosed spaces, animals, etc.).

Areas to explore: the situations avoided, what the person fears will happen there, what makes them bearable (having someone along, having a way out).

Health worries 11 / 16

Fear of having or developing a serious illness, monitoring of the body, and reassurance seeking.

Areas to explore: the illnesses feared, checking and searching for information, repeated doctor visits or, conversely, avoidance of doctors.

Pervasive worry 10 / 16

Frequent worries that are hard to stop, about a range of everyday matters.

Areas to explore: the themes of worry, how much time they take up, what the person does to reassure themselves.

See also: Rumination and Worry Inventory.

Fear of judgment 8 / 16

Fear of being watched, evaluated, or looking foolish in social situations.

Areas to explore: the situations feared, safety behaviors, the impact on social and work life.

Physical tension 3 / 16

Physical signs of background anxiety: muscle tension, nervousness, difficulty relaxing, somatic complaints.

Areas to explore: when the tension appears, its link with sleep and fatigue, what the person already does to relax.

No validated clinical or psychometric cutoffs have been established for this test yet. The results should therefore be considered exploratory indicators, meant to support the clinical interview, not diagnostic findings.

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 Laura V. - Online Psychologist