ASI-3

Anxiety Sensitivity Index - 3rd edition (ASI-3)

The ASI-3 is a self-report tool measuring anxiety sensitivity, that is, the fear of anxiety-related sensations because of beliefs about their potentially harmful consequences. The test comprises 18 items grouped into three subscales (physical, cognitive, social) and is frequently used to assess a vulnerability factor for anxiety disorders.

Number of questions	18 questions
Estimated duration	5 minutes
Language	English
Original name	Anxiety Sensitivity Index - 3rd edition
Target audience	Adults, adolescents
Authors	Steven Taylor, Anka A. Zvolensky, Susan M. Cox, Jesse R. Deacon (2007)
Category	Anxiety

Preview of the 18 questions

It is important for me not to appear nervous.

Very little | A little | Some | Much | Very much

When I cannot keep my mind on a task, I worry that I might be going crazy.

Very little | A little | Some | Much | Very much

It scares me when my heart beats rapidly.

Very little | A little | Some | Much | Very much

When my stomach is upset, I worry that I might be seriously ill.

Very little | A little | Some | Much | Very much

It scares me when I am unable to keep my mind on a task.

Very little | A little | Some | Much | Very much

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

Each item is rated from 0 (very little) to 4 (very much). The subscale scores (physical, cognitive, social) and a total score are calculated by summing the appropriate responses. Higher scores indicate greater anxiety sensitivity.

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Laura V. - Online Psychologist