

Beck Anxiety Inventory (BAI)

The BAI is a self-report questionnaire designed to measure the severity of anxiety in adults. It is often used in clinical practice to assess how anxiety changes over time or how effective an intervention is. It differentiates anxiety from depression by focusing mainly on the somatic and subjective symptoms of anxiety.

Number of questions	21 questions
Estimated duration	10 minutes
Language	English
Original name	Beck Anxiety Inventory
Target audience	Adults
Authors	Aaron T. Beck, Robert A. Steer (1988)
Category	Anxiety

Preview of the 21 questions

Sensations of numbness or tingling

Not at all | A little | Moderately | A lot

Hot flashes

Not at all | A little | Moderately | A lot

"Jelly legs," trembling in the legs

Not at all | A little | Moderately | A lot

Inability to relax

Not at all | A little | Moderately | A lot

Fear that the worst will happen

Not at all | A little | Moderately | A lot

Scoring & interpretation

Each item is scored from 0 to 3 according to the intensity experienced over the past week. The total score ranges from 0 to 63: 0-7 = minimal anxiety, 8-15 = mild anxiety, 16-25 = moderate anxiety, 26-63 = severe anxiety.

Usage

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