ExIS

# Existential Anxiety Questionnaire (ExIS)

The Existential Anxiety Questionnaire (ExIS) is a self-report tool designed to measure existential anxiety across different areas such as fear of death, loneliness, absurdity, and freedom. It helps identify the intensity and sources of existential anxiety in clinical practice, particularly in adolescents and young adults.

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| Number of questions | 13 questions |
| Estimated duration | 5 minutes |
| Language | English |
| Original name | Existential Anxiety Questionnaire |
| Target audience | Adolescents, adults |
| Authors | Carl F. Weems, Lisa E. Costa, Gilda M. Dehon (2004) |
| Category | Anxiety |

## Preview of the 13 questions

I often think about death and this causes me anxiety.

Yes No

I am not anxious about fate because I am resigned to it.

Yes No

I often feel anxious because I am worried that life may have no meaning.

Yes No

I am not worried about nor think about being guilty.

Yes No

I often feel anxious because of feelings of guilt.

Yes No

## Scoring & interpretation

Each item is rated on a Likert-type scale generally ranging from 1 (strongly disagree) to 5 (strongly agree). A higher total score reflects a higher level of existential anxiety. Interpretation can be based on the global score or on subdomains, according to how the items are distributed.