

Penn State Worry Questionnaire (PSWQ)

This tool was developed to measure the intensity and frequency of worry in individuals. Created by Meyer, Miller, Metzger and Borkovec in 1990, it is widely used to identify excessive worry, which is characteristic of anxiety disorders, particularly generalized anxiety disorder.

Number of questions	16 questions
Estimated duration	4 minutes
Language	English
Original name	Penn State Worry Questionnaire
Category	Anxiety

Preview of the 16 questions

If I do not have enough time to do everything, I do not worry about it.

Not at all typical of me | Slightly typical of me | Somewhat typical of me | Fairly typical of me | Very typical of me

My worries overwhelm me.

Not at all typical of me | Slightly typical of me | Somewhat typical of me | Fairly typical of me | Very typical of me

I do not tend to worry about things.

Not at all typical of me | Slightly typical of me | Somewhat typical of me | Fairly typical of me | Very typical of me

Many situations make me worry.

Not at all typical of me | Slightly typical of me | Somewhat typical of me | Fairly typical of me | Very typical of me

I know I should not worry about things, but I just cannot help it.

Not at all typical of me | Slightly typical of me | Somewhat typical of me | Fairly typical of me | Very typical of me

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 ›

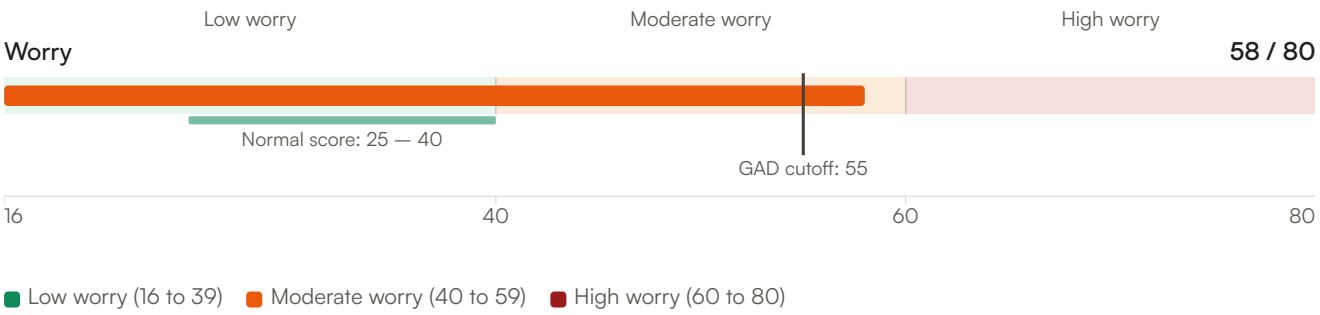
Scoring & interpretation

Scoring example

Scoring

Score: 58/80

16 — 39	Low level of worry
40 — 59	**Moderate level of worry** ◀ 58
60 — 80	High level of worry



Low worry (16 to 39) Moderate worry (40 to 59) High worry (60 to 80)

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 Laura V. - Online Psychologist