

Worry and Anxiety Questionnaire (WAQ)

This self-report questionnaire is designed to identify the presence of symptoms of generalized anxiety disorder. It covers essential dimensions of GAD, such as excessive worry, its frequency, difficulty controlling it, and somatic manifestations. This quick questionnaire allows reliable screening for anxious tendencies, giving the clinician a basis for further assessment or for guiding treatment.

Number of questions	11 questions
Estimated duration	2 minutes
Language	English
Original name	Worry and Anxiety Questionnaire
Target audience	Adults
Authors	Dugas, M.J., Francis, K (2000)
Category	Anxiety

Preview of the 11 questions

What are the topics you worry about most often?

Do your worries seem excessive or exaggerated to you?

Rate your answer on a scale from 0 to 8.

0 - Not at all excessive | 1 | 2 | 3 | 4 - Moderately excessive | 5 | 6 | 7 | 8 - Completely excessive

During the past 6 months, on how many days were you troubled by excessive worries?

Rate your answer on a scale from 0 to 8.

0 - Never | 1 | 2 | 3 | 4 - 1 day out of 2 | 5 | 6 | 7 | 8 - Every day

Do you have trouble controlling your worries?

For example, once you start worrying about something, do you have trouble stopping?

0 - No difficulty | 1 | 2 | 3 | 4 - Moderate difficulty | 5 | 6 | 7 | 8 - Extreme difficulty

During the past 6 months, when you were worried or anxious, were you often troubled by the following sensation:

Feeling restless, overexcited, or on edge

Rate your answer on a scale from 0 to 8.

0 - Not at all | 1 | 2 | 3 | 4 - Moderately | 5 | 6 | 7 | 8 - Very severely

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

To calculate the total WAQ score, add up the answers given to all items except item 1, which is not included in the calculation. This score gives an overall estimate of the intensity of worry and anxiety manifestations.

To determine whether the person meets the criteria for GAD according to the WAQ, two conditions must be met. First, they must report at least one worry theme and score 4 or more on items 2, 3, 4, and 11. Second, they must also score 4 or more on at least three of the six somatic symptoms assessed in items 5 to 10.

If these criteria are not fully met, three other categories can be identified. The cognitive criterion is met if the person scores 4 or more on items 2, 3, and 4. The somatic criterion is met if the person scores 4 or more on at least three somatic symptoms (items 5 to 10), without meeting the full cognitive criteria. Finally, if none of these conditions is met, no criterion is met.

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Benjamin G. - Occupational Psychologist