

Why Worry-II (WW-II)

The Why Worry-II questionnaire assesses positive beliefs about worry by identifying the functions that individuals may attribute to it (problem solving, motivation, prevention, etc.). It allows psychologists to better understand how their patients perceive and justify their worries. This tool thus facilitates clinical exploration and the adaptation of therapeutic strategies targeting anxiety and rumination.

Number of questions	25 questions
Estimated duration	6 minutes
Language	English
Original name	Why Worry?
Target audience	Adults
Authors	Gosselin, P., Ladouceur, R., Langlois, F., Freeston, M. H., Dugas, M. J., & Bertrand, J. (2003)
Category	Anxiety

Preview of the 25 questions

Indicate how true this statement seems to you:

If I didn't worry, I'd be heedless and irresponsible.

Not at all true | A little true | Fairly true | Very true | Completely true

Indicate how true this statement seems to you:

If I worry, I will be less upset when unexpected events happen.

Not at all true | A little true | Fairly true | Very true | Completely true

Indicate how true this statement seems to you:

I worry so that I'll know what to do.

Not at all true | A little true | Fairly true | Very true | Completely true

Indicate how true this statement seems to you:

If I worry ahead of time, I'll be less disappointed if something serious happens.

Not at all true | A little true | Fairly true | Very true | Completely true

Indicate how true this statement seems to you:

Worrying helps me plan what to do to solve a problem.

Not at all true | A little true | Fairly true | Very true | Completely true

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Scoring & interpretation

Scoring of the Why Worry-II questionnaire is based on a response scale ranging from 1 (not at all true) to 5 (completely true). The subscores are calculated by adding up the responses to the items corresponding to each of the five dimensions (for example, problem solving includes items 3, 5, 9, 14 and 21). The psychologist thus obtains five distinct scores that reflect positive beliefs about worry, which makes it possible to identify the functions the patient attributes to it most. Interpretation is then based on comparing these subscores to identify the dominant cognitive mechanisms.

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Laura V. - Online Psychologist