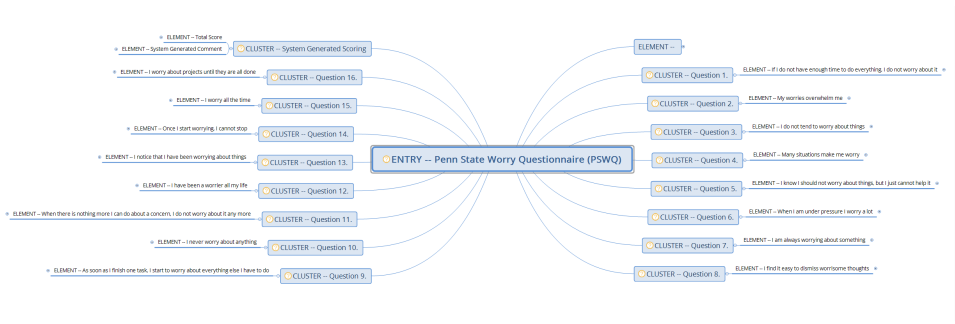


# Penn State Worry Questionnaire (PSWQ)

If you're interested in this clinical form for use in Explorer Online please [get in touch](#).

Clinical Form Name	Penn State Worry Questionnaire (PSWQ)		
Clinical Area(s)	Psychology		
Descripti on of Use	Measure the trait of worry in adults		
Availability	Yes, full access in Explorer Online		
Explorer Online Screensh ot	<div><div>PENN STATE WORRY QUESTIONNAIRE (PSWQ)</div><div>Instructions: Rate each of the following statements on a scale of 1 (not at all typical of me) to 5 (very typical of me). Please do not leave any items blank.</div><div><div>QUESTION 1.</div><div>IF I DO NOT HAVE ENOUGH TIME TO DO EVERYTHING, I DO NOT WORRY ABOUT IT</div><div></div></div><div><div>QUESTION 2.</div><div>MY WORRIES OVERWHELM ME</div><div></div></div><div><div>QUESTION 3.</div><div>I DO NOT TEND TO WORRY ABOUT THINGS</div><div></div></div><div><div>QUESTION 4.</div><div>MANY SITUATIONS MAKE ME WORRY</div><div></div></div><div><div>QUESTION 5.</div><div>I KNOW I SHOULD NOT WORRY ABOUT THINGS, BUT I JUST CANNOT HELP IT</div><div></div></div><div><div>QUESTION 6.</div><div>WHEN I AM UNDER PRESSURE I WORRY A LOT</div><div></div></div><div><div>QUESTION 7.</div><div>I AM ALWAYS WORRYING ABOUT SOMETHING</div><div></div></div></div>		
Report Preview	<div><div><div>Mrs Patient Marie TEST</div><div>Born: 12 Dec 1996 (26y) Gender: Female 32y at the time of observation</div></div><div><div>Address: 12 Denno Street PARADOCYDDORE QLD 4558</div><div>Phone: (07)54560000</div><div>Medicare No: 4608606371/1</div></div><div><div>Specimen: Lab No: 03F1E424-6579-4CAE-90D6-0C3B6AC34FA</div><div>Received Date: 2/09/2022 9:37 AM</div><div>Effective Date: 2/09/2022 9:37 AM</div><div>Generated Date: 2/09/2022 9:36 AM</div></div></div>		
	<div><div>Penn State Worry Questionnaire (1 DAY)</div><div>Instructions: Rate each of the following statements on a scale of 1 (just at all typical of me) to 5 (very typical of me). Please do not leave any items blank.</div><div><div>QUESTION 1.</div><div>IF I do not have enough time to do everything, I do not worry about it</div><div>2</div></div><div><div>QUESTION 2.</div><div>My worries overwhelm me</div><div>4</div></div><div><div>QUESTION 3.</div><div>I do not tend to worry about things</div><div>4</div></div><div><div>QUESTION 4.</div><div>Many situations make me worry</div><div>5</div></div><div><div>QUESTION 5.</div><div>I know I should not worry about things, but I just cannot help it</div><div>1</div></div><div><div>QUESTION 6.</div><div>When I am under pressure I worry a lot</div><div>3</div></div><div><div>QUESTION 7.</div><div>I am always worrying about something</div><div>4</div></div><div><div>QUESTION 8.</div><div>I find it easy to dismiss worrisome thoughts</div><div>2</div></div><div><div>QUESTION 9.</div><div>As soon as I finish one task, I start to worry about everything else I have to do</div><div>4</div></div><div><div>QUESTION 10.</div><div>I never worry about anything</div><div>5</div></div></div>		

Mind Map



Excel File /Structure

CEN.Penn\_State\_Worry\_Questionnaire\_PSWQ.v1.xlsx

Editor Screensh ot

- ENTRY -- Penn State Worry Questionnaire (PSWQ)
- ELEMENT --
- CLUSTER -- Question 1
- ELEMENT -- If I do not have enough time to do everything, I do not worry about it
- CLUSTER -- Question 2
- ELEMENT -- My worries overwhelm me
- CLUSTER -- Question 3
- ELEMENT -- I do not tend to worry about things
- CLUSTER -- Question 4
- ELEMENT -- Many situations make me worry
- CLUSTER -- Question 5
- ELEMENT -- I know I should not worry about things, but I just cannot help it
- CLUSTER -- Question 6
- ELEMENT -- When I am under pressure I worry a lot
- CLUSTER -- Question 7
- ELEMENT -- I am always worrying about something
- CLUSTER -- Question 8
- ELEMENT -- I find it easy to dismiss worrisome thoughts
- CLUSTER -- Question 9
- ELEMENT -- As soon as I finish one task, I start to worry about everything else I have to do
- CLUSTER -- Question 10
- ELEMENT -- I never worry about anything
- CLUSTER -- Question 11
- ELEMENT -- When there is nothing more I can do about a concern, I do not worry about it any more
- CLUSTER -- Question 12
- ELEMENT -- I have been a worrier all my life
- CLUSTER -- Question 13
- ELEMENT -- I notice that I have been worrying about things
- CLUSTER -- Question 14
- ELEMENT -- Once I start worrying, I cannot stop
- CLUSTER -- Question 15
- ELEMENT -- I worry all the time
- CLUSTER -- Question 16
- ELEMENT -- I worry about projects until they are all done
- CLUSTER -- System Generated Scoring
- ELEMENT -- Total Score
- ELEMENT -- System Generated Comment