

Beck Anxiety Inventory (BAI)

Category: Anxiety | Items: 21 | Time: ~5 min

Description / When to Use

21-item self-report inventory measuring severity of anxiety symptoms with focus on somatic symptoms.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 21 items in this scale. Estimated completion time: 5 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

0 = Not at all | 1 = Mildly | 2 = Moderately | 3 = Severely

Scoring Guide

Sum all 21 items scored 0-3. Total range 0-63.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-7	Minimal	None
8-15	Mild	Watchful waiting
16-25	Moderate	Consider treatment
26-63	Severe	Active treatment

Psychometric Properties

Cronbach's alpha: 0.92 | Test-retest reliability: 0.75

Validity: Distinguishes anxiety from depression; focuses on somatic symptoms.

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Citation (APA Format)

Beck, A. T., & Steer, R. A. (1993). Beck Anxiety Inventory Manual. Psychological Corporation.

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