

# Penn State Worry Questionnaire (PSWQ)

Category: Anxiety | Items: 16 | Time: ~5 min

## Description / When to Use

16-item measure of worry tendency as a stable personality trait.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 16 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

1 = Not at all typical | 2 = Slightly typical | 3 = Somewhat typical | 4 = Very typical | 5 = Extremely typical

## Scoring Guide

Sum all 16 items scored 1-5. Total range 16-80. Higher scores indicate greater worry.

## Cutoff Interpretation

| Score Range | Severity       | Recommended Action |
|-------------|----------------|--------------------|
| 16-30       | Low worry      | None               |
| 31-50       | Moderate worry | Monitor            |
| 51-80       | High worry     | Consider treatment |

## Psychometric Properties

Cronbach's alpha: 0.95 | Test-retest reliability: 0.92

Validity: Excellent internal consistency; discriminates GAD from other anxiety disorders.

## License

Free to use with citation

## Citation (APA Format)

Meyer, T. J., Miller, M. L., Metzger, R. L., & Borkovec, T. D. (1990). Development and validation of the Penn State Worry Questionnaire. *Behaviour Research and Therapy*, 28(6), 487-495.

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