

WAQ

1. What subjects do you worry about most often?

a) _____

d) _____

b) _____

e) _____

c) _____

f) _____

For the following items, please circle the corresponding number (0-8).

2. Do your worries seem excessive or exaggerated?

Not at all
excessive

Moderately
excessive

Totally
excessive

.....0..... 1..... 2..... 3..... 4..... 5..... 6..... 7..... 8.....

3. Over the past six months, how many days have you been bothered by excessive worry?

Never

1 day
out of 2

Everyday

.....0..... 1..... 2..... 3..... 4..... 5..... 6..... 7..... 8.....

4. Do you have difficulty controlling your worries? For example, when you start worrying about something, do you have difficulty stopping?

No
difficulty

Moderate
difficulty

Extreme
difficulty

.....0..... 1..... 2..... 3..... 4..... 5..... 6..... 7..... 8.....

5. Over the past six months, to what extent have you been disturbed by the following sensations when you were worried or anxious? Rate each sensation by circling a number (0-8).

a) Restlessness or feeling keyed up or on edge.

Not at all		Moderately		Very severely
.....0.....1.....2.....3.....4.....
.....5.....6.....7.....8.....9.....

b) Being easily fatigued.

Not at all		Moderately		Very severely
.....0.....1.....2.....3.....4.....
.....5.....6.....7.....8.....9.....

c) Difficulty concentrating or mind going blank.

Not at all		Moderately		Very severely
.....0.....1.....2.....3.....4.....
.....5.....6.....7.....8.....9.....

d) Irritability.

Not at all		Moderately		Very severely
.....0.....1.....2.....3.....4.....
.....5.....6.....7.....8.....9.....

e) Muscle tension.

Not at all		Moderately		Very severely
.....0.....1.....2.....3.....4.....
.....5.....6.....7.....8.....9.....

f) Sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep).

Not at all		Moderately		Very severely
.....0.....1.....2.....3.....4.....
.....5.....6.....7.....8.....9.....

6. To what extent does worry or anxiety interfere with your life? For example, your work, social activities, family life, etc.?

Not at all		Moderately		Very severely
.....0.....1.....2.....3.....4.....
.....5.....6.....7.....8.....9.....

Scoring Instructions

For the total score on the WAQ, add up the responses for each of the items (not including the responses to item 1).

To meet GAD criteria on the WAQ, one must report at least one worry theme, report a score of "4" or higher on items 2, 3, 4, and 6, as well as report a score of "4" or higher on at least 3 of the 6 somatic symptoms (item 5).

There are three other categories of criteria that can be met:

- cognitive criteria (a score of "4" or higher on items 2, 3, and 4)**
- somatic criteria (a score of "4" or higher on at least 3 of the 6 somatic symptoms on item 5)**
- no criteria (does not meet any of the above categories)**

Reference for a chapter containing psychometric properties of the WAQ:

Dugas, M.J., Francis, K. (2000). Review of the Worry and Anxiety Questionnaire. In: J. Maltby, C. A. Lewis, & A. P. Hill (Eds.), *Commissioned reviews on 300 Psychological Tests*. Lampeter, Wales: Edwin Mellen Press.
