

WORRY-SR

Domain I: Childhood

1. When you were a child, did you often feel insecure or uncomfortable in your relationship with your parents?
2. Did you worry about breaking rules set by your parents, or doing something that your parents told you not to, or that you would do something that would upset your parents?
3. Did you often worry that other people, like your friends and teachers, would disapprove of you or something you did?
4. As a child, did you worry a lot or did other people tell you that you did?
5. Did you have a lot of stomachaches or headaches?
6. Did you often have nightmares or bad dreams?
7. Did you ever become very anxious during a game because you thought you might win?
8. Did you always want someone else to go first because you wanted to be sure it was safe?
9. Did you often warn your friends not to do dangerous or risky things?
10. Did you worry more than other children you knew that you wouldn't learn or do well on an exam?
11. Did you worry a lot about family finances, or that there would be trouble in the family like illness or divorce?
12. Did you worry a lot about world disasters, crime, or war?
13. Did you worry a lot about getting sick?
14. Did you worry a lot about traveling, or when someone else had to travel, for example, on a train or on a plane?
15. Did you worry a lot in anticipation of a pleasant activity such as going on vacation, going to a party, or meeting friends?

Domain II: Worry

A: General

Have you ever worried a lot...

16. that bad things could happen even if you knew they were unlikely?

17. that bad things could happen very far into the future?
18. about the well-being or happiness of others?
19. over minor matters?

B: Illness/health/injury

Have you ever...

20. worried a lot about the state of your health or the health of those you love?
21. been called a hypochondriac?
22. worried that you or a loved one will get the wrong diagnosis, the wrong medicine or the wrong treatment?
23. worried that you or a loved one will die from a complication of a minor illness like the flu or a cold?
24. worried a lot that you or a loved one could easily get hurt or injured?

C: Family/home/interpersonal

Have you ever worried a lot...

25. that you are not taking good enough care of your children, or that something bad will happen to your children?
___ *I don't have any children*
26. after you said or did something that offended someone?
27. that your friends or partner have stopped liking you?
28. Have you ever tried to prevent your loved ones from doing things because you worried something bad might happen to them?

D: Financial

Have you often worried...

29. that whatever you buy, you can't really afford it?
30. that whatever you buy, it will have something wrong with it or it won't work?
31. that something might break in your home or car and that it couldn't be easily fixed?
32. that you spent your money unwisely?
33. that you won't have enough money to pay your bills?
34. that you will not be able to provide for your family or support yourself?
35. that you won't have enough money in your old age?
36. Do you save more money than most people with your income because you never know what the future will hold?

E: Work/school

Have you often worried...

37. when you were in school, that you would fail even though you were doing fine in the class, or that you would be fired from your job even though you had been told you were doing well?
38. that you would not live up to the expectations of your teachers or boss?
39. that you inadvertently broke the rules?
40. about minor things at school or work?
41. that you will not understand instructions or you will make a mistake when given a task to do?

F: Travel

When you or your relatives travel, have you often worried...

42. that you will get lost or have an accident?
43. that you didn't bring everything you will need?
44. that things will go wrong, such as your reservations will be mixed up or lost, that the place you will stay will be terrible, that you will misplace your itinerary or maps, that the weather will be bad, that you will miss your connections, or that your luggage will get lost?

Domain III: Beliefs about Worry

Have you often thought that...

- 45. worrying helps motivate you to get things done?
- 46. worrying is a way to avoid risks?
- 47. other people are overly optimistic and that you are more realistic?
- 48. worrying about something is the only way you can gain control over it?
- 49. worrying about something is a way to prepare yourself for the worst?

Have you often...

- 50. worried that you have done something wrong in the past and you will eventually be punished?
- 51. criticized yourself for worrying?

Domain IV: Somatic and Emotional Symptoms

Have you ever had periods when you felt...

- 52. nervous, tense, restless, keyed up or on edge?
- 53. muscle aches, twitching or shaky?
- 54. your stomach churning or that you had an upset stomach or diarrhea?
- 55. physical symptoms like you were out of breath, your heart was beating too fast, your hands were cold or sweaty, your mouth was dry?
- 56. tired or exhausted?
- 57. irritable?

Have you ever had periods when you felt that you...

58. talked too much, too fast, or too loud when you were worried?
59. had difficulty concentrating or found that your mind went blank?
60. couldn't fall asleep because your mind was racing?
61. had trouble staying asleep?
62. couldn't control your worrying?
63. wanted to stop yourself from worrying?
64. Have you often felt a sense of impending doom or nameless dread?

Have you ever...

65. used food to distract yourself from worrying?
66. used drugs or alcohol to distract yourself from worrying?

Domain V: Cognitive Tendencies

Have you ever had a period when you...

- 67. thought the worst when the slightest thing went wrong?
- 68. thought that something terrible had happened if someone was late?
- 69. felt that you were unable to cope whenever anything went wrong?
- 70. felt overwhelmed by everyday hassles?
- 71. thought that you couldn't be too careful?
- 72. worried that you would forget something important?
- 73. thought the world was full of dangers?

Have you often...

- 74. thought when you heard an ambulance or saw an accident, that it might be someone in your family who was ill or injured?
- 75. had a sudden thought about something bad that might happen?

Domain VI: Behavioral and Interpersonal Tendencies

Are you the kind of person who....

- 76. avoids taking risks, even when the payoff might be high?
- 77. is constantly on guard and cannot relax?
- 78. is very uncomfortable when things are uncertain?
- 79. is very uncomfortable when you have to wait, for example, for a train, in line at a shop, at the doctor's office, for the results of a test, for someone to call or come home or wake up?
- 80. can't tolerate being late?
- 81. needs to check on things that you are worried about, like why someone didn't call or didn't arrive on time?

Do you think...

- 82. it is your nature to worry and there is no way to worry less?

83. you worry too much and your worries are not that realistic?
84. about worrying or talk a lot about your worries to your friends?
85. you are a pessimist?
86. Do other people tell you that you worry too much?