**Overview**
The Penn State Worry Questionnaire for Children (PSWQ-C) assesses generalized worry in students ages 7-17 and items are written on a second grade reading level. High scores on the PSWQ-C are more indicative of generalized anxiety than specific anxiety disorders. The measure was adapted from the Penn State Worry Questionnaire (PSWQ) for adults. The PSWQ was also adapted to assess changes in symptoms over the past week, which can be used for progress monitoring (PSWQ-PW).

**Focus Area**
Anxiety

**Purpose**
Screening/Initial Evaluation
Progress Monitoring

**Reporter**
Student

**Versions**
PSWQ-C, Student, 14 items (for ages 7-17)
PSWQ-PW, Student, 15 items (for ages 18+)
PSWQ, Student, 16 items (for ages 18+)

**Subscales**
N/A

**Sample Items**
- My worries really bother me
- I know I shouldn't worry about things, but I just can't help it
- When I finish one thing, I start to worry about something else

**Response Options**
Never true
Sometimes true
Most times true
Always true
Includes additional response options

**Estimated Completion Time**
Five minutes

**Languages**
English
Danish
Other

**Cost**
Free

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Access the measures:
PSWQ-C
PSWQ
PSWQ-PW

*Summary compiled by CSMH (2017) for The SHAPE System ([www.theSHAPEsystem.com](http://www.theSHAPEsystem.com))*
Scoring

### Penn State Worry Questionnaire

<table>
<thead>
<tr>
<th></th>
<th>PSWQ-C</th>
<th>PSWQ</th>
<th>PSWQ-PW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Possible range</td>
<td>0-42</td>
<td>16-80</td>
<td>0-90</td>
</tr>
<tr>
<td>Item scores</td>
<td>Never true (0) to Always true (3)</td>
<td>Not at all typical of me (1) to Very typical of me (5)</td>
<td>Never (0) to Almost always (6)</td>
</tr>
</tbody>
</table>
| Administration & scoring rules | To use the PSWQ-C for screening:  
  ➢ Rate symptom frequency  
  ➢ Reverse code items* 2,7,9  
  ➢ Sum all items to obtain a Total worry score  
  To use the PSWQ for screening:  
  ➢ Rate symptom frequency  
  ➢ Reverse code items* 1,3,8,10,11  
  ➢ Sum all items to obtain a Total worry score  
  To use the PSWQ-PW for progress monitoring:  
  ➢ Rate symptom frequency from the past week  
  ➢ Reverse code items* 1,3,8,10,11  
  ➢ Sum all items to obtain a Total worry score for the past week  
*Reverse coding guidelines  
  PSWQ-C: 0=3, 1=2, 2=1, 3=0  
  PSWQ: 1=5, 2=4, 3=3, 4=2, 5=1  
  PSWQ-PW: 0=6, 1=5, 2=4, 3=3, 4=2, 5=1, 6=0 |

### Interpretation

For the PSWQ-C:  
➢ Compare raw scores to the severity level cutoffs below  
➢ Children diagnosed with generalized anxiety disorder tend to have a score of about 27, while children with other anxiety disorders tend to have a score of about 21

<table>
<thead>
<tr>
<th>Normal</th>
<th>At-risk (top 3-7%)</th>
<th>Clinically elevated (top 2%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-15</td>
<td>16-18</td>
<td>19+</td>
</tr>
</tbody>
</table>

For the PSWQ:  
➢ Individuals who are diagnosed with generalized anxiety disorder tend to have a score of about 68  
➢ Individuals without anxiety tend to have a score of about 49

For the PSWQ-PW:  
➢ Individuals with generalized anxiety disorder tend to have a score of about 58 prior to intervention  
➢ After short intervention, the PSWQ-PW score tends to drop to about 36

Additional information from the PSWQ-C developer  
Access Korean and Danish versions of the PSWQ-C