**Brief Measure of Worry Severity (BMWS)**

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date:</th>
<th>Total Score:</th>
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Below is a list of statements about worrying. Please read each statement and indicate how true each one is in describing your general/usual experience of worrying. Please tick the one option that most likely applies to you.

1. When I worry, it interferes with my day-to-day functioning (e.g. stops me getting my work done, organising myself or activities).
   - Not true at all [ ]
   - Somewhat true [ ]
   - Moderately true [ ]
   - Definitely true [ ]

2. When I think I should be finished worrying about something, I find myself worrying about the same thing, over and over.
   - Not true at all [ ]
   - Somewhat true [ ]
   - Moderately true [ ]
   - Definitely true [ ]

3. My worrying leads me to feel down and depressed.
   - Not true at all [ ]
   - Somewhat true [ ]
   - Moderately true [ ]
   - Definitely true [ ]

4. When I worry, it interferes with my ability to make decisions or solve problems.
   - Not true at all [ ]
   - Somewhat true [ ]
   - Moderately true [ ]
   - Definitely true [ ]

5. I feel tense and anxious when I worry.
   - Not true at all [ ]
   - Somewhat true [ ]
   - Moderately true [ ]
   - Definitely true [ ]

6. I worry that bad things or events are certain to happen.
   - Not true at all [ ]
   - Somewhat true [ ]
   - Moderately true [ ]
   - Definitely true [ ]

7. I often worry about not being able to stop myself from worrying.
   - Not true at all [ ]
   - Somewhat true [ ]
   - Moderately true [ ]
   - Definitely true [ ]

8. As a consequence of my worrying, I tend to feel emotional unease or discomfort.
   - Not true at all [ ]
   - Somewhat true [ ]
   - Moderately true [ ]
   - Definitely true [ ]
