



Brief Measure of Worry Severity (BMWS)

Name: _____

Date: _____

Total Score: _____

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 (eg. stops me getting my work done, organising myself or activities).

Not true at all ₀

Somewhat true ₁

Moderately true ₂

Definitely true ₃

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 ₀

Somewhat true ₁

Moderately true ₂

Definitely true ₃

3. My worrying leads me to feel down and depressed.

Not true at all ₀

Somewhat true ₁

Moderately true ₂

Definitely true ₃

4. When I worry, it interferes with my ability to make decisions or solve problems.

Not true at all ₀

Somewhat true ₁

Moderately true ₂

Definitely true ₃

5. I feel tense and anxious when I worry.

Not true at all ₀

Somewhat true ₁

Moderately true ₂

Definitely true ₃

6. I worry that bad things or events are certain to happen.

Not true at all ₀

Somewhat true ₁

Moderately true ₂

Definitely true ₃

7. I often worry about not being able to stop myself from worrying.

Not true at all ₀

Somewhat true ₁

Moderately true ₂

Definitely true ₃

8. As a consequence of my worrying, I tend to feel emotional unease or discomfort.

Not true at all ₀

Somewhat true ₁

Moderately true ₂

Definitely true ₃

Gladstone GL, Parker GB, Mitchell PB, Malhi GS, Wilhelm KA, Austin MP. A Brief Measure of Worry Severity (BMWS): personality and clinical correlates of severe worriers. *Journal of Anxiety Disorders* 2005; 19:877-892.

Related reference: Gladstone, G., & Parker, G. (2003). What's the use of worrying? Its function and its dysfunction, *Australian and New Zealand Journal of Psychiatry*, 37, 347-354.