

Name: _____ Year/Degree Program: _____ Date: _____

Please read each statement and write a number 0, 1, 2, or 3 that indicates how much the statement applied to you **over the past week**. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows: **0** Did not apply to me at all

- 1** Applied to me to some degree or some of the time
- 2** Applied to me to a considerable degree or a good part of the time
- 3** Applied to me very much, or most of the time

1)	I found myself getting upset by quite trivial things.	
2)	I was aware of the dryness of my mouth.	
3)	I couldn't seem to experience any positive feelings at all.	
4)	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion).	
5)	I just couldn't seem to get going.	
6)	I tended to over-react to situations.	
7)	I had a feeling of shakiness (eg, legs going to give way).	
8)	I found it difficult to relax.	
9)	I found myself in situations that made me so anxious I was most relieved when they ended.	
10)	I felt that I had nothing to look forward to.	
11)	I found myself getting upset rather easily.	
12)	I felt that I was using a lot of nervous energy.	
13)	I felt sad and depressed.	
14)	I found myself getting impatient when I was delayed in any way (eg, elevators, traffic lights, being kept waiting).	
15)	I had a feeling of faintness.	
16)	I felt that I had lost interest in just about everything.	
17)	I felt I wasn't worth much as a person.	
18)	I felt that I was rather touchy.	
19)	I perspired noticeably (eg, hands sweaty) in the absence of high temperatures or physical exertion.	
20)	I felt scared without any good reason.	
21)	I felt that life wasn't worthwhile.	
22)	I found it hard to wind down.	
23)	I had difficulty in swallowing.	
24)	I couldn't seem to get any enjoyment out of the things I did.	
25)	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat).	
26)	I felt downhearted and blue.	
27)	I found that I was very irritable.	
28)	I felt I was close to panic.	
29)	I found it hard to calm down after something upset me.	
30)	I feared that I would be "thrown" by some trivial but unfamiliar task.	
31)	I was unable to become enthusiastic about anything.	
32)	I found it difficult to tolerate interruptions to what I was doing.	
33)	I was in a state of nervous tension.	
34)	I felt I was pretty worthless.	
35)	I was intolerant of anything that kept me from getting on with what I was doing.	
36)	I felt terrified.	
37)	I could see nothing in the future to be hopeful about.	
38)	I felt that life was meaningless.	
39)	I found myself getting agitated.	
40)	I was worried about situations in which I might panic and make a fool of myself.	
41)	I experienced trembling (eg, in the hands).	
42)	I found it difficult to work up the initiative to do things.	

--- End of test ---