## The Dunn Worry Questionnaire (DWQ)

| Patient Name $\square$ | DOB $\square$ | Female $\square$ |
| :--- | :--- | :--- |
| Provider Name $\square$ | Date $\square$ | Male $\square$ Other $\square$ |

Please circle the numbers that best describe your experience in the past month.

|  |  | None of the time | Rarely | Some of the time | Often | All of the time | ROW TOTAL |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | I've been worrying a lot | $0$ | $1$ | $2$ $\square$ | $3$ | 4 $\square$ $\square$ |  |
| 2 | In my mind I have been going over problems again and again | 0 |  | $2$ |  | $4$ |  |
| 3 | There was little I could do to stop worrying | $0$ | $1$ | $2$ $\square$ | 3 | 4 $\square$ |  |
| 4 | I have been worrying even though I didn't want to. | 0 | 1 | $2$ | 3 | $4$ |  |
| 5 | Worry has stopped me focusing on important things in my day | $0$ | $1$ | $2$ | 3 | 4 |  |
| 6 | Worry has stopped me sleeping | 0 | 1 | 2 | 3 | 4 |  |
| 7 | Worry has caused me to feel upset | $0$ | $1$ | $2$ $\square$ | 3 | $4$ $\square$ |  |
| 8 | Worry has made me feel stressed | 0 |  | $2$ |  | $4$ |  |
| 9 | Worry has made me feel anxious | $0$ | $1$ | $2$ | $3$ | $4$ $\square$ |  |
| 10 | Worry has made me feel hopeless | 0 | 1 |  | 3 |  |  |
| TOTAL |  |  |  |  | 0 |  |  |

## Scoring:

A total worry score is obtained by adding together all 10 items. A score of 21 or above indicates clinically high levels of worry.

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## NOTES:


[^0]:    Freeman D, Bird JC, Loe BS, Kingdon D, Startup H, Clark DM, Ehlers A, Černis E, Wingham G, Evans N, Lister R, Pugh K, Cordwell J, Dunn G. (2020). The Dunn Worry Questionnaire and the Paranoia Worries Questionnaire: new assessments of worry. Psychological Medicine, 50(5), 771-780. https://doi.org/10.1017/S0033291719000588

