Assessment powered by NovoPsych

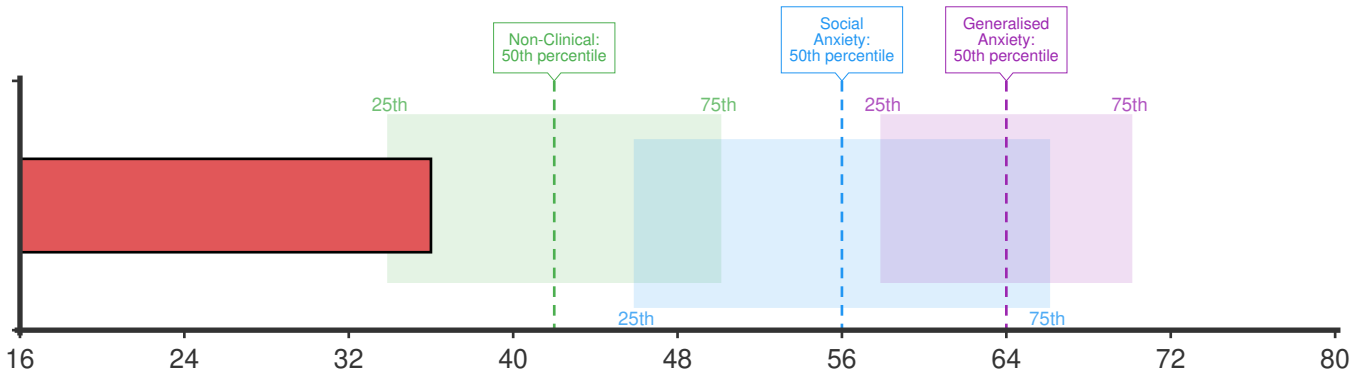
Penn State Worry Questionnaire (PSWQ)

Client Name	Generic Jenny	*Date administered*	27 Feb 2026
Date of birth (age)	1 Jan 1900 (126)	*Time taken*	14s
Assessor	Joseph Phillips		

Results

	Raw Score (16-80)	Non-Clinical Percentile	Social Anxiety Percentile	Generalised Anxiety Percentile
PSWQ Score	36	35	8	0.1

PSWQ Total Score in Comparison to Clinical and Non-Clinical Distributions



Interpretation

The Penn State Worry Questionnaire (PSWQ) was administered on 27 February 2026 and the respondent obtained a total score of 36 out of a possible 80. Their score is on the 35th percentile when compared to adults in the non-clinical population, indicating worry levels slightly below most individuals. Compared to individuals with Social Anxiety Disorder (SAD), their score was on the 8th percentile and the 0.1st percentile when compared to individuals diagnosed with Generalised Anxiety Disorder (GAD).

This score falls below the 25th percentile for individuals diagnosed with SAD and well below the typical range for individuals diagnosed with GAD, suggesting that clinically significant worry associated with these disorders is not indicated by this measure.

The five highest endorsed items were:
- 1. If I don't have enough time to do everything, I don't worry about it. (R) (Not at all typical)
- 3. I do not tend to worry about things. (R) (Not at all typical)
- 8. I find it easy to dismiss worrisome thoughts. (R) (Not at all typical)
- 10. I never worry about anything. (R) (Not at all typical)
- 11. When there is nothing more I can do about a concern, I don't worry about it anymore. (R) (Not at all typical)

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Scoring and Interpretation Information

Respondents rate 11 positively worded items and five negatively worded items (reverse-scored) in terms of how typical or characteristic each statement is of them on a 5-point Likert scale (ranging from 1 (Not at all typical) to 5 (Very typical)). The PSWQ total score ranges from 16 to 80, with higher scores representing greater worry severity.

PSWQ Normative Data
The total PSWQ score is expressed as a percentile based on three reference populations: a non-clinical sample (Gillis et al., 1995), a Social Anxiety Disorder (SAD) sample (Fresco et al., 2003), and a pooled Generalised Anxiety Disorder (GAD) sample (Behar et al., 2003; Fresco et al., 2003). Comparing scores across all three populations provides richer clinical information than any single comparison, helping clinicians understand not only whether worry is elevated relative to the general population, but also how it compares to individuals with known anxiety presentations.

Clinically Meaningful Change
When the PSWQ is administered on multiple occasions, a Minimally Important Difference (MID) threshold of 6 points is used to determine whether observed score changes represent clinically meaningful shifts in worry levels. This threshold is derived from 0.5 standard deviation of the non-clinical sample (SD = 11.5; Gillis et al., 1995; Norman et al., 2003).
- Decrease of 6 or more points: Meaningful improvement in worry levels
- Increase of 6 or more points: Meaningful worsening of worry levels
- Change of less than 6 points in either direction: Change may represent normal score variation rather than genuine change.

PSWQ Graphs
On first administration, a horizontal bar graph displays the respondent's total PSWQ score (shown in red) alongside the score distributions of three reference populations: a non-clinical sample (green), individuals diagnosed with SAD (blue), and individuals diagnosed with GAD (purple). The shaded regions for each population represent the middle 50% of scores (from the 25th to 75th percentile), with the dashed line indicating the 50th percentile (median). This allows clinicians to see at a glance where a respondent's worry level falls relative to both the general population and clinical groups.

When administered more than once, a line graph tracks the respondent's total PSWQ score across administrations. The background shading transitions from white (low worry) through yellow to red (high worry), providing a visual indicator of worry severity. Each data point is labelled with the score and administration date, allowing clinicians to quickly identify the direction and magnitude of change over time.

Client Name	Generic Jenny

Client Responses

		Not at all typical	Rarely typical of me	Somewhat typical of me	Often typical of me	Very typical of me
1	If I don't have enough time to do everything, I don't worry about it.	5	4	3	2	1
2	My worries overwhelm me.	1	2	3	4	5
3	I do not tend to worry about things.	5	4	3	2	1
4	Many situations make me worry.	1	2	3	4	5
5	I know I shouldn't worry about things, but I just cannot help it.	1	2	3	4	5
6	When I am under pressure I worry a lot.	1	2	3	4	5
7	I am always worrying about something.	1	2	3	4	5
8	I find it easy to dismiss worrisome thoughts.	5	4	3	2	1
9	As soon as I finish one task, I start to worry about everything else I have to do.	1	2	3	4	5
10	I never worry about anything.	5	4	3	2	1
11	When there is nothing more I can do about a concern, I don't worry about it anymore.	5	4	3	2	1
12	I've been a worrier all my life.	1	2	3	4	5
13	I notice that I have been worrying about things.	1	2	3	4	5
14	Once I start worrying, I can't stop.	1	2	3	4	5
15	I worry all the time.	1	2	3	4	5
16	I worry about projects until they are done.	1	2	3	4	5

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PSWQ Score

	Raw Score	Normative Percentile	SAD Percentile	GAD Percentile	Severity
PSWQ Score	36	35	8	0.1	Bothered by worries but below clinical range for worry

Note: NovoPsych previously provided severity descriptors for PSWQ scores; however, these have been removed due to insufficient empirical support. The score boundaries used (29, 52, 65, 66) do not correspond to any known validated severity classification scheme in the published PSWQ literature, and are retained here for historical reference only. Scores are now interpreted using a percentile-based approach, comparing results against three reference samples: a non-clinical sample (Gillis et al., 1995), a Social Anxiety Disorder sample (Fresco et al., 2003), and a Generalised Anxiety Disorder sample (Behar et al., 2003; Fresco et al., 2003).