

GAI Scale

1. I worry a lot of the time.

2. I find it difficult to make a decision.

3. I often feel jumpy.

4. I find it hard to relax.

5. I often cannot enjoy things because of my worries.

6. Little things bother me a lot.

7. I often feel like I have butterflies in my stomach.

8. I think of myself as a worrier.

9. I can't help worrying about even trivial things.

10. I often feel nervous.

11. My own thoughts often make me anxious.

12. I get an upset stomach due to my worrying.

13. I think of myself as a nervous person.

14. I always anticipate the worst will happen.

15. I often feel shaky inside.

16. I think that my worries interfere with my life.

17. My worries often overwhelm me.

18. I sometimes feel a great knot in my stomach.

19. I miss out on things because I worry too much.

20. I often feel upset.

BOLD= short version

Scoring: agree/disagree

Short version reference: https://www.ranzcp.org/Files/ranzcp-attachments/Conference/Congress2012/Byrne_Congress2012.aspx

Regular reference:

http://espace.library.uq.edu.au/eserv.php?pid=UQ:7924&dsID=gb_ig.pdf