1. I feel tense or "wound up".
   - Most of the time
   - A lot of the time
   - From time to time, occasionally
   - Not at all

2. I still enjoy the things I used to enjoy.
   - Definitely as much
   - Not quite so much
   - Only a little
   - Hardly at all

3. I get a sort of frightened feeling as if something awful is about to happen.
   - Very definitely and quite badly
   - Yes, but not too badly
   - A little, but it doesn't worry me
   - Not at all

4. I can laugh and see the funny side of things.
   - As much as I always could
   - Not quite so much now
   - Definitely not so much now
   - Not at all

5. Worrying thoughts go through my mind.
   - A great deal of the time
   - A lot of the time
   - From time to time but not too often
   - Only occasionally

6. I feel cheerful.
   - Never
   - Not often
   - Sometimes
   - Most of the time

7. I can sit at ease and feel relaxed.
   - Definitely
   - Usually
   - Not often
   - Not at all

8. I feel as if I am slowed down.
   - Nearly all the time
   - Very often
   - Sometimes
   - Not at all
9. I get a sort of frightened feeling like butterflies in the stomach.
   - Not at all
   - Occasionally
   - Quite often
   - Very often

10. I have lost interest in my appearance.
    - Definitely
    - I don't take as much care as I should
    - I may not take quite as much care
    - I take just as much care as ever

11. I feel restless as if I have to be on the move.
    - Very much indeed
    - Quite a lot
    - Not very much
    - Not at all

12. I look forward with enjoyment to things.
    - As much as I ever did
    - Rather less than I used to
    - Definitely less than I used to
    - Hardly at all

13. I get sudden feelings of panic.
    - Very often indeed
    - Quite often
    - Not very often
    - Not at all

14. I can enjoy a good book or radio or TV program.
    - Often
    - Sometimes
    - Not often
    - Very seldom