

## WDQ-SF

*Instruction.* Please mark for each statement below an appropriate number to show how much you **WORRY** about the following:

<b>I worry ...</b>	<b>Not at all</b>	<b>A little</b>	<b>Moderately</b>	<b>Quite a bit</b>	<b>Extremely</b>
1. that I'll never achieve my ambitions	0	1	2	3	4
2. that I will not keep my workload up to date	0	1	2	3	4
3. that I am not able to afford things	0	1	2	3	4
4. that I feel insecure	0	1	2	3	4
5. that I can't afford to pay bills	0	1	2	3	4
6. that I leave work unfinished	0	1	2	3	4
7. that I lack confidence	0	1	2	3	4
8. that I am unattractive	0	1	2	3	4
9. that I will lose close friends	0	1	2	3	4
10. that I haven't achieved much	0	1	2	3	4

## Commentary

The Worry Domains Questionnaire-Short Form (WDQ-SF; Stöber & Joormann, 2001) is a short form of the Worry Domains Questionnaire (WDQ; Tallis, Eysenck, & Mathews, 1992) as presented in the final version published by Tallis, Davey, and Bond (1994). Whereas the WDQ comprises 25 items, the present short form WDQ-SF comprises only 10 items. Still, the short form shows the same factorial structure as the long form and allows—however, with only 2 instead of 5 items for each subscale (see below)—for a reliable assessment of the five worry domains found by Tallis et al. (1992), that is worry about (a) Relationships, (b) Lack of Confidence, (c) Aimless Future, (d) Work, and (e) Financial (see Stöber & Joormann, 2001).

## Scoring

The WDQ-SF total score is obtained by summing the numbers associated with the participants' answers across all 10 items (range of possible scores: 0-40). The five subscales are comprised of 2 items each (range of possible scores for each subscale: 0-8). Scores for the subscale "Relationships" are obtained by summing answers across items 8 and 9; for "Lack of Confidence" by summing across items 4 and 7; for "Aimless Future" by summing across items 1 and 10; for "Work" by summing across items 2 and 6; and for "Financial" by summing across items 3 and 5. For information on means, standard deviations, and all other psychometric properties, see Stöber and Joormann (2001).

## Scale Construction

Stöber, J., & Joormann, J. (2001). A short form of the Worry Domains Questionnaire: Construction and factorial validation. *Personality and Individual Differences, 31*, 119-126.

Tallis, F., Davey, G. C. L., & Bond, A. (1994). The Worry Domains Questionnaire. In G. C. L. Davey & F. Tallis (Eds.), *Worrying: Perspectives on theory, assessment, and treatment* (pp. 285-297). New York: Wiley.

Tallis, F., Eysenck, M. W., & Mathews, A. (1992). A questionnaire for the measurement of non-pathological worry. *Personality and Individual Differences, 13*, 161-168.