

I feel tense or 'wound up':	A
Most of the time	3
A lot of the time	2
Time to time, occasionally	1
Not at all	0

I still enjoy the things I used to enjoy:	D
Definitely as much	0
Not quite so much	1
Only a little	2
Not at all	3

I get a sort of frightened feeling like something awful is about to happen:	A
Very definitely and quite badly	3
Yes, but not too badly	2
A little, but it doesn't worry me	1
Not at all	0

I can laugh and see the funny side of things:	D
As much as I always could	0
Not quite so much now	1
Definitely not so much now	2
Not at all	3

Worrying thoughts go through my mind:	A
A great deal of the time	3
A lot of the time	2
From time to time but not too often	1
Only occasionally	0

I feel cheerful:	D
Not at all	3
Not often	2
Sometimes	1
Most of the time	0

I can sit at ease and feel relaxed:	A
Definitely	0
Usually	1
Not often	2
Not at all	3

I feel as if I am slowed down:	D
Nearly all of the time	3
Very often	2
Sometimes	1
Not at all	0

I get a sort of frightened feeling like 'butterflies in the stomach':	A
Not at all	0
Occasionally	1
Quite often	2
Very often	3

I have lost interest in my appearance:	D
Definitely	3
I don't take as much care as I should	2
I may not take quite as much care	1
I take just as much care as ever	0

I feel restless as if I have to be on the move:	A
Very much indeed	3
Quite a lot	2
Not very much	1
Not at all	0

I look forward with enjoyment to things:	D
As much as I ever did	0
Rather less than I used to	1
Definitely less than I used to	3
Hardly at all	2

I get sudden feelings of panic:	A
Very often indeed	3
Quite often	2
Not very often	1
Not at all	0

I can enjoy a good book or radio or TV programme:	D
Often	0
Sometimes	1
Not often	2
Very seldom	3