

The rating scale is as follows:

- 0 – *Did not apply* to me at all
 1 – *Applied to me to some degree*, or some of the time
 2 – *Applied to me to a considerable degree*, or a good part of time
 3 – *Applied to me very much*, or most of the time

SYMPTOMS (continued)	Rating Scale			
22 I found it hard to wind down	0	1	2	3
23 I had difficulty in swallowing	0	1	2	3
24 I couldn't seem to get any enjoyment out of the things I did	0	1	2	3
25 I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat)	0	1	2	3
26 I felt down-hearted and blue	0	1	2	3
27 I found that I was very irritable	0	1	2	3
28 I felt I was close to panic	0	1	2	3
29 I found it hard to calm down after something upset me	0	1	2	3
30 I feared that I would be "thrown" by some trivial but unfamiliar task	0	1	2	3
31 I was unable to become enthusiastic about anything	0	1	2	3
32 I found it difficult to tolerate interruptions to what I was doing	0	1	2	3
33 I was in a state of nervous tension	0	1	2	3
34 I felt I was pretty worthless	0	1	2	3
35 I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
36 I felt terrified	0	1	2	3
37 I could see nothing in the future to be hopeful about	0	1	2	3
38 I felt that life was meaningless	0	1	2	3
39 I found myself getting agitated	0	1	2	3
40 I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
41 I experienced trembling (e.g., in the hands)	0	1	2	3
42 I found it difficult to work up the initiative to do things	0	1	2	3