

The Paranoia Worries Questionnaire (PWQ)

Name: _____

Date: _____

The following items concern worries you may have about others trying to upset or harm you.

Please circle the numbers that best describe your experience in the *past month*.

	None of the time	Rarely	Some of the time	Often	All of the time
1. I've been worrying about someone trying to harm me	0	1	2	3	4
2. Anything and everything has set my mind thinking about people trying to upset me	0	1	2	3	4
3. It has been hard to clear my head of suspicions	0	1	2	3	4
4. Worries about someone trying to harm me have been really hard to control	0	1	2	3	4
5. Thinking about the possible attacks on me has made me feel stressed	0	1	2	3	4

Scoring

A total worry score is obtained by adding together all 10 items. A score of 5 or above is indicative of severe levels of worry about people trying to cause harm.