**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.

Freeman D, Bird JC, Loe BS, Kingdon D, Startup H, Clark DM, Ehlers A, Černis E, Wingham G, Evans N, Lister R, Pugh K, Cordwell J, Dunn G. (2020). The Dunn Worry Questionnaire and the Paranoia Worries Questionnaire: new assessments of worry. Psychological Medicine, 50(5), 771-780. <https://doi.org/10.1017/S0033291719000588>