**A.S.I.**

Circle the one phrase that best represents the extent to which you agree with the item. If any of the items concern something that is not part of your experience (e.g. “It scares me when I feel shaky” for someone who has never trembled or had the “shakes”) answer on the basis of how you think you might feel *if you had* such an experience.

1. It is important to me not to appear nervous.

Very Little A Little Some Much Very Much

2. When I cannot keep my mind on a task, I worry that I might be going crazy.

Very Little A Little Some Much Very Much

3. It scares me when I feel “shaky” (trembling).

Very Little A Little Some Much Very Much

4. It scares me when I feel faint.

Very Little A Little Some Much Very Much

5. It is important to me to stay in control of my emotions.

Very Little A Little Some Much Very Much

6. It scares me when my heart beats rapidly.

Very Little A Little Some Much Very Much

7. It embarrasses me when my stomach growls.

Very Little A Little Some Much Very Much

8. It scares me when I am nauseous.

Very Little A Little Some Much Very Much

9. When I notice that my heart is beating rapidly, I worry that I might have had a heart attack.

Very Little A Little Some Much Very Much

10. It scares me when I become short of breath.

Very Little A Little Some Much Very Much

11. When my stomach is upset, I worry that I might be seriously ill.

Very Little A Little Some Much Very Much

12. It scares me when I am unable to keep my mind on a task.

Very Little A Little Some Much Very Much

13. Other people notice when I feel shaky.

Very Little A Little Some Much Very Much

14. Unusual body sensations scare me.

Very Little A Little Some Much Very Much

15. When I am nervous, I worry that I might be mentally ill.

Very Little A Little Some Much Very Much

16. It scares me when I am nervous.

Very Little A Little Some Much Very Much

Date: Wed, 14 Jun 2006 11:35:18 -0400  
From: "Bethany Teachman" <bethanyteachman@gmail.com>  
Reply-To: bteachman@virginia.edu  
To: "Wiveka Ramel" <wiveka@psych.stanford.edu>  
Subject: Re: anxiety severity measure

Sure, the ASI is a good predictor of both panic and anxiety problems in general (see Cox, Endler, Swinson, & Norton, 1991; Schmidt, Lerew, & Jackson, 1997).  For instance, Maller and Reiss (1992) found that high levels of AS were associated with a five times greater risk of developing an anxiety disorder than were low levels of AS.    
  
I've attached the measure - we always just use the 16-item version but there is also a revised longer version.  You just sum the 16 items (scores range from 0-64).   
  
Bethany

Thus,

Very little = 0

A little = 1

Some = 2

Much = 3

Very much = 4