

WW-II

Below are a series of statements that can be related to worry. Please think back to times when you are worried, and indicate by circling a number (1 to 5), to what extent these statements are true for you.

	Not at all True	Slightly True	Somewhat True	Very True	Absolutely True
1. If I did not worry, I would be careless and irresponsible.	1	2	3	4	5
2. If I worry, I will be less disturbed when unforeseen events occur.	1	2	3	4	5
3. I worry in order to know what to do.	1	2	3	4	5
4. If I worry in advance, I will be less disappointed if something serious occurs.	1	2	3	4	5
5. The fact that I worry helps me plan my actions to solve a problem.	1	2	3	4	5
6. The act of worrying itself can prevent mishaps from occurring.	1	2	3	4	5
7. If I did not worry, it would make me a negligent person.	1	2	3	4	5
8. It is by worrying that I finally undertake the work that I must do.	1	2	3	4	5
9. I worry because I think it can help me find a solution to my problem.	1	2	3	4	5
10. The fact that I worry shows that I am a person who takes care of their affairs.	1	2	3	4	5
11. Thinking too much about positive things can prevent them from occurring.	1	2	3	4	5
12. The fact that I worry confirms that I am a prudent person.	1	2	3	4	5
13. If misfortune comes, I will feel less responsible if I have been worrying about it beforehand.	1	2	3	4	5

	Not at all True	Slightly True	Somewhat True	Very True	Absolutely True
14. By worrying, I can find a better way to do things.	1	2	3	4	5
15. Worrying stimulates me and makes me more effective.	1	2	3	4	5
16. The fact that I worry incites me to act.	1	2	3	4	5
17. The act of worrying itself reduces the risk that something serious will occur.	1	2	3	4	5
18. By worrying, I do certain things which I would not decide to do otherwise.	1	2	3	4	5
19. The fact that I worry motivates me to do the things I must do.	1	2	3	4	5
20. My worries can, by themselves, reduce the risks of danger.	1	2	3	4	5
21. If I worry less, I decrease my chances of finding the best solution.	1	2	3	4	5
22. The fact that I worry will allow me to feel less guilty if something serious occurs.....	1	2	3	4	5
23. If I worry, I will be less unhappy when a negative event occurs.	1	2	3	4	5
24. By not worrying, one can attract misfortune.	1	2	3	4	5
25. The fact that I worry shows that I am a good person.	1	2	3	4	5

Original French version: Gosselin, P., Ladouceur, R., Langlois, F., Freeston, M. H., Dugas, M. J., & Bertrand, J. (2003). *European Review of Applied Psychology*, 53, 199-211.
 English version: Holowka, D. W., Dugas, M. J., Francis, K., & Laugesen, N. (2000, November). Poster presented at the Annual Meeting of the Association for Advancement of Behavior Therapy, New Orleans, LO.

Scoring Instructions

Here are the items loaded onto each of the five subscales of the original French version of the WW-II (which are also used for the English version):

1. Worry helps in problem solving: add up responses for items 3, 5, 9, 14, and 21
2. Worry helps motivate: add up responses for items 8, 15, 16, 18, and 19
3. Worrying protects the individual from difficult emotions in the event of a negative outcome:
add up responses for items 2, 4, 13, 22, and 23
4. The act of worrying itself prevents negative outcomes: add up responses for items 6, 11, 17, 20, and 24
5. Worry is a positive personality trait: add up responses for items 1, 7, 10, 12, and 25