

Worry Interview

Name:

Date:

Perseverative Thinking Questionnaire

1 + 2 + 3 + 6 + 7 + 11 + 12 + 13 = core features of RNT

4 + 9 + 14 = unproductiveness of RNT

5 + 10 + 15 = mental capacity captured by RNT

Domains of Worry Questionnaire

Relationships	Lack of Confidence	Aimless Future	Work	Finances
4	2	3	6	1
16	10	5	14	7
19	15	8	17	9
21	18	13	24	11
23	20	22	25	12
TOTAL =				