

ASI Table

Please rate the extent to which each statement applies to you:	
It is important to me not to appear nervous	0 1 2 3 4
When I cannot keep my mind on a task, I worry that I might be going crazy	0 1 2 3 4
It scares me when I feel "shaky" (trembling)	0 1 2 3 4
It scares me when I feel faint	0 1 2 3 4
It is important to me to stay in control of my emotions	0 1 2 3 4
It scares me when my heart beats rapidly	0 1 2 3 4
It embarrasses me when my stomach growls	0 1 2 3 4
It scares me when I am nauseous	0 1 2 3 4
When I notice that my heart is beating rapidly, I worry that I might have a heart attack	0 1 2 3 4
It scares me when I become short of breath	0 1 2 3 4
When my stomach is upset, I worry that I might be seriously ill	0 1 2 3 4
It scares me when I am unable to keep my mind on a task	0 1 2 3 4
Other people notice when I feel shaky	0 1 2 3 4
Unusual body sensations scare me	0 1 2 3 4
When I am nervous, I worry that I might be mentally ill	0 1 2 3 4
It scares me when I am nervous	0 1 2 3 4