



# MASTERMIND

WINNING THE WAR WITHIN

## BECK ANXIETY INVENTORY (BAI)

**About:** This scale is a self-report measure of anxiety.

**Items:** 21

**Reliability:** Internal consistency for the BAI = (Cronbach's  $\alpha=0.92$ )  
Test-retest reliability (1 week) for the BAI = 0.75 (Beck, Epstein, Brown, & Steer, 1988)

**Validity:**  
The BAI was moderately correlated with the revised Hamilton Anxiety Rating Scale (.51), and mildly correlated with the Hamilton Depression Rating Scale (.25) (Beck et al., 1988).

**Scoring:**

Not at all	Mildly, but it didn't bother me much	Moderately - it wasn't pleasant at times	Severely - it bothered me a lot
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**All Questions**                      0                      1                      2                      3

The total score is calculated by finding the sum of the 21 items.  
Score of 0-21 = low anxiety  
Score of 22-35 = moderate anxiety  
Score of 36 and above = potentially concerning levels of anxiety

My total score is : \_\_\_\_\_

## BECK ANXIETY INVENTORY (BAI)

Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, including today, by circling the number in the corresponding space in the column next to each symptom

	Not at all	Mildly, but it didn't bother me much	Moderately - it wasn't pleasant at times	Severely - it bothered me a lot
<b>Numbness or tingling</b>	0	1	2	3
<b>Feeling hot</b>	0	1	2	3
<b>Wobbliness in legs</b>	0	1	2	3
<b>Unable to relax</b>	0	1	2	3
<b>Fear of worst happening</b>	0	1	2	3
<b>Dizzy or lightheaded</b>	0	1	2	3
<b>Heart pounding / racing</b>	0	1	2	3
<b>Unsteady</b>	0	1	2	3
<b>Terrified or afraid</b>	0	1	2	3
<b>Nervous</b>	0	1	2	3
<b>Feeling of choking</b>	0	1	2	3
<b>Hands trembling</b>	0	1	2	3
<b>Shaky / unsteady</b>	0	1	2	3
<b>Fear of losing control</b>	0	1	2	3
<b>Difficulty in breathing</b>	0	1	2	3
<b>Fear of dying</b>	0	1	2	3
<b>Scared</b>	0	1	2	3
<b>Indigestion</b>	0	1	2	3
<b>Faint / lightheaded</b>	0	1	2	3
<b>Face flushed</b>	0	1	2	3
<b>Hot / cold sweats</b>	0	1	2	3