

## Anxiety Sensitivity Index–Revised 36 (ASI-R-36)

Please circle the number that best corresponds to how much you agree with each item. If any of the items concern something that is not part of your experience (for example, “It scares me when I feel shaky” for someone who has never trembled or felt shaky) answer on the basis of who you expect you think you might feel if you had such an experience. Otherwise, answer all items on the basis of your own experience.

No	Statement	V Little	Little	Some	Much	V Much
1	It is important for me not to appear nervous					
2	When I cannot keep my mind on a task, I worry that I might be going crazy					
3	It scares me when I feel “shaky” (trembling)					
4	It scares me when I feel faint					
5	It scares me when my heart beats rapidly					
6	It scares me when I am nauseous					
7	When I notice that my heart is beating rapidly, I worry that I might have a heart attack					
8	It scares me when I become short of breath					
9	When my stomach is upset, I worry that I might be seriously ill					
10	It scares me when I am unable to keep my mind on a task					
11	When my head is pounding, I worry I could have a stroke					
12	When I tremble in the presence of others, I fear what people might think of me					
13	When I feel like I’m not getting enough air, I get scared that I might suffocate					
14	When I get diarrhea, I worry that I might have something wrong with me					
15	When my chest feels tight, I get scared that I won’t be able to breathe properly					
16	When my breathing becomes irregular, I fear that something bad will happen					
17	It frightens me when my surroundings seem strange or unreal					
18	Smothering sensations scare me					
19	When I feel pain in my chest, I worry that I’m going to have a heart attack					
20	I believe it would be awful to vomit in public					
21	It scares me when my body feels strange or different in some way					
22	I worry that other people will notice my anxiety					
23	When I feel “spacey” or spaced out I worry that I may be mentally ill					
24	It scares me when I blush in front of people					
25	When I feel a strong pain in my stomach, I worry it could be cancer					
26	When I have trouble swallowing, I worry that I could choke					
27	When I notice my heart skipping a beat, I worry that there is something seriously wrong with me					

28	It scares me when I feel tingling or prickling sensations in my hands					
29	When I feel dizzy, I worry there is something wrong with my brain					
30	When I begin to sweat in a social situation, I fear people will think negatively of me					
31	When my thoughts seem to speed up, I worry that I might be going crazy					
32	When my throat feels tight, I worry that I could choke to death					
33	When my face feels numb, I worry that I might be having a stroke					
34	When I have trouble thinking clearly, I worry that there is something wrong with me					
35	I think it would be horrible for me to faint in public					
36	When my mind goes blank, I worry there is something terribly wrong with me.					
<b>Totals</b>						

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