

## GAI

Please answer the items according to how you've felt in the last week. Fill in the circle under AGREE if you mostly agree that the item describes you. Fill in the circle under DISAGREE if you mostly disagree that the item describes you.

		<b>AGREE</b>	<b>DISAGREE</b>
1	I worry a lot of the time.	○	○
2	I find it difficult to make a decision.	○	○
3	I often feel jumpy.	○	○
4	I find it hard to relax.	○	○
5	I often cannot enjoy things because of my worries.	○	○
6	Little things bother me a lot.	○	○
7	I often feel like I have butterflies in my stomach.	○	○
8	I think of myself as a worrier.	○	○
9	I can't help worrying about even trivial things.	○	○
10	I often feel nervous.	○	○
11	My own thoughts often make me anxious.	○	○
12	I get an upset stomach due to my worrying.	○	○
13	I think of myself as a nervous person.	○	○
14	I always anticipate the worst will happen.	○	○
15	I often feel shaky inside.	○	○
16	I think that my worries interfere with my life.	○	○
17	My worries often overwhelm me.	○	○
18	I sometimes feel a great knot in my stomach.	○	○
19	I miss out on things because I worry too much.	○	○
20	I often feel upset.	○	○

Pachana, N.A., Byrne, G.J., Koloski, N., Harley, E., & Arnold, E. (2007). Development and validation of the Geriatric Anxiety Inventory. *International Psychogeriatrics*, 19, 103-114.