



## UNC CFAR Social and Behavioral Science Research Core SABI Database

**INSTRUMENT TITLE:** An Inventory for Measuring Clinical Anxiety: Psychometric Properties

**SOURCE ARTICLE:** Beck, A.T., Epstein, N., Brown, G., Steer, R.A. (1988) An Inventory for Measuring Clinical Anxiety: Psychometric Properties. *Journal of Consulting and Clinical Psychology*, 36(6), 893-897.

**RESPONSE OPTIONS:** 0=Not At All, 1=Mildly but it didn't bother me much, 2=Moderately- it wasn't pleasant at times, 3= Severely- it bothered me a lot

### **SURVEY ITEMS:**

Beck Anxiety Inventory

1. Numbness or tingling

2. Feeling hot

3. Wobbliness in legs

4. Unable to relax

5. Fear of worst happening

6. Dizzy or lightheaded

7. Heart pounding/racing

8. Unsteady

9. Terrified or afraid

10. Nervous

11. Feeling of choking

### **TERMS OF USE:**

Individuals may use this information for research or educational purposes only and may not use this information for commercial purposes. When using this instrument, please cite:

Beck, A.T., Epstein, N., Brown, G., Steer, R.A. (1988) An Inventory for Measuring Clinical Anxiety: Psychometric Properties. *Journal of Consulting and Clinical Psychology*, 36(6), 893-897. (entire instrument at <http://dih.wiki.otago.ac.nz/images/8/80/Beck.pdf> )

When presenting results using any survey information you obtained from the SABI, please acknowledge the University of North Carolina at Chapel Hill Center for AIDS Research (CFAR), an NIH funded program P30 AI50410.



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12. Hands trembling
13. Shaky / unsteady
14. Fear of losing control
15. Difficulty in breathing
16. Fear of dying
17. Scared
18. Indigestion
19. Faint / lightheaded
20. Face flushed
21. Cold sweats

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