

Anxiety Sensitivity Index (ASI)

Anxiety sensitivity is the fear of anxiety-related sensations. It can be assessed using this 16-item questionnaire. It determines whether a person is experiencing a general sense of worry, or has specific concerns relating to physical symptoms of stress, but not necessarily the possibility of a stressful event in itself. Possible individual manifestations of cardiovascular, respiratory, gastrointestinal and cognitive anxious symptoms are measured.

Link for purchase: <http://www.anxietysensitivityindex.com/forms/asi.pdf>

Peterson, R.A. & Reiss, S. (1993). *Anxiety sensitivity index revised test manual*. Worthington, OH: International Diagnostic Systems Corporation.