



Please answer the items according to how you've felt in the last week.

Check the column under **Agree** if you mostly agree that the item describes you;
check the column under **Disagree** if you mostly disagree that the item describes you.

	Agree	Disagree
I worry a lot of the time.	<input type="checkbox"/>	<input type="checkbox"/>
I find it difficult to make a decision.	<input type="checkbox"/>	<input type="checkbox"/>
I often feel jumpy.	<input type="checkbox"/>	<input type="checkbox"/>
I find it hard to relax.	<input type="checkbox"/>	<input type="checkbox"/>
I often cannot enjoy things because of my worries.	<input type="checkbox"/>	<input type="checkbox"/>
Little things bother me a lot.	<input type="checkbox"/>	<input type="checkbox"/>
I often feel like I have butterflies in my stomach.	<input type="checkbox"/>	<input type="checkbox"/>
I think of myself as a worrier.	<input type="checkbox"/>	<input type="checkbox"/>
I can't help worrying about even trivial things.	<input type="checkbox"/>	<input type="checkbox"/>
I often feel nervous.	<input type="checkbox"/>	<input type="checkbox"/>
My own thoughts often make me anxious.	<input type="checkbox"/>	<input type="checkbox"/>
I get an upset stomach due to my worrying.	<input type="checkbox"/>	<input type="checkbox"/>
I think of myself as a nervous person.	<input type="checkbox"/>	<input type="checkbox"/>
I always anticipate the worst will happen.	<input type="checkbox"/>	<input type="checkbox"/>
I often feel shaky inside.	<input type="checkbox"/>	<input type="checkbox"/>
I think that my worries interfere with my life.	<input type="checkbox"/>	<input type="checkbox"/>
My worries often overwhelm me.	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes feel a great knot in my stomach.	<input type="checkbox"/>	<input type="checkbox"/>
I miss out on things because I worry too much.	<input type="checkbox"/>	<input type="checkbox"/>
I often feel upset.	<input type="checkbox"/>	<input type="checkbox"/>

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

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