

ASI-3

Enter the number from the scale below that best describes how typical or characteristic each of the 16 items is of **you**, putting the number next to the item. You should make your ratings in terms of how much you agree or disagree with the statement as a **general** description of yourself.

0	1	2	3	4
very little	a little	some	much	very 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 my heart beats rapidly.
4. When my stomach is upset, I worry that I might be seriously ill.
5. It scares me when I am unable to keep my mind on a task.
6. When I tremble in the presence of others, I fear what people might think of me.
7. When my chest feels tight, I get scared that I won't be able to breathe properly.
8. When I feel pain in my chest, I worry that I'm going to have a heart attack.
9. I worry that other people will notice my anxiety.
10. When I feel "spacey" or spaced out I worry that I may be mentally ill.
11. It scares me when I blush in front of people.
12. When I notice my heart skipping a beat, I worry that there is something seriously wrong with me.
13. When I begin to sweat in a social situation, I fear people will think negatively of me.
14. When my thoughts seem to speed up, I worry that I might be going crazy.
15. When my throat feels tight, I worry that I could choke to death.
16. When I have trouble thinking clearly, I worry that there is something wrong with me.
17. I think it would be horrible for me to faint in public.
18. When my mind goes blank, I worry there is something terribly wrong with me.

ASI3 Scoring

- Sum all 18 items to get ASI3 Total; 6 items per subscale
- ASI3 Physical Concerns = 4,12,8,7,15,3
- ASI3 Cognitive Concerns = 14,18,10,16,2,5
- ASI3 Social Concerns = 9,6,11,13,17,1

180

TAYLOR ET AL.

Table 1

Study 1: U.S.–Canadian Subsample 1 (n = 2,361)—Loadings (and Standard Errors) for Final, Multigroup Three-Factor Solution of the ASI-3

Item no.	Item	Factor 1: Physical Concerns	Factor 2: Cognitive Concerns	Factor 3: Social Concerns
4	When my stomach is upset, I worry that I might be seriously ill. ^a	.79 (.02)		
12	When I notice my heart skipping a beat, I worry that there is something seriously wrong with me.	.76 (.02)		
8	When I feel pain in my chest, I worry that I'm going to have a heart attack.	.69 (.02)		
7	When my chest feels tight, I get scared that I won't be able to breathe properly.	.68 (.02)		
15	When my throat feels tight, I worry that I could choke to death.	.67 (.02)		
3	It scares me when my heart beats rapidly. ^a	.66 (.02)		
14	When my thoughts seem to speed up, I worry that I might be going crazy.		.87 (.01)	
18	When my mind goes blank, I worry there is something terribly wrong with me.		.84 (.01)	
10	When I feel "spacey" or spaced out I worry that I may be mentally ill.		.83 (.02)	
16	When I have trouble thinking clearly, I worry that there is something wrong with me.		.83 (.01)	
2	When I cannot keep my mind on a task, I worry that I might be going crazy. ^a		.77 (.02)	
5	It scares me when I am unable to keep my mind on a task. ^a		.62 (.02)	
9	I worry that other people will notice my anxiety.			.85 (.01)
6	When I tremble in the presence of others, I fear what people might think of me.			.79 (.01)
11	It scares me when I blush in front of people.			.75 (.02)
13	When I begin to sweat in a social situation, I fear people will think negatively of me.			.70 (.02)
17	I think it would be horrible for me to faint in public.			.59 (.02)
1	It is important for me not to appear nervous. ^a			.54 (.02)

Note. Factor model was simultaneously fitted to the samples of women and men, matching loadings, item errors, and factor correlations. ASI-3 = Anxiety Sensitivity Index-3.

^a Items from the original Anxiety Sensitivity Index.