

Beck Anxiety Inventory (BAI)

Information & Questionnaire

About the Beck Anxiety Inventory (BAI)

The Beck Anxiety Inventory (BAI) is a 21-item self-report questionnaire that measures the physiological and cognitive symptoms of anxiety. It was developed by Aaron T. Beck and colleagues. The BAI is not a diagnostic tool; rather, it is a screening and symptom-severity measure. If your scores are high or your anxiety is causing significant distress or impairing daily functioning, please consult your GP or a mental health professional.

How scoring works

Add up the scores for all 21 items to get your total. Interpretation:

- 0–7 Minimal anxiety
- 8–15 Mild anxiety
- 16–35 Moderate anxiety
- 36 and above Severe anxiety

Important note

The BAI is intended for screening and monitoring only. Results should be discussed with a qualified professional. If you are in crisis, contact emergency services or the relevant helplines listed on bradleyknight.co.za/resources.

BAI Questionnaire

Instructions

Below is a list of common symptoms of anxiety. Indicate how much you have been bothered by each symptom during the past month, including today, by circling or marking the number that best applies:
0 = Not at all 1 = Mildly (it didn't bother me much) 2 = Moderately (it wasn't pleasant at times) 3 = Severely (it bothered me a lot)

Symptom (past month, incl. today)	0	1	2	3
1. Numbness or tingling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Feeling hot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Wobbliness in legs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Unable to relax	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Fear of worst happening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Dizzy or lightheaded	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Heart pounding/racing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Unsteady	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Terrified or afraid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Feeling of choking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Hands trembling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tip: Mark one box per item (0-3).

BAI Questionnaire (cont.)

13. Shaky / unsteady	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Fear of losing control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Difficulty in breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Fear of dying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Indigestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Faint / lightheaded	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Face flushed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Hot/cold sweats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring Worksheet

0 Column Sum	1 Column Sum	2 Column Sum	3 Column Sum
<div></div>	<div></div>	<div></div>	<div></div>
Write grand score here			
<div></div>			

Interpretation of Total Score:
0-7 Minimal anxiety • 8-15 Mild anxiety • 16-35 Moderate anxiety • 36+ Severe anxiety