THE INTERNATIONAL ANXIETY QUESTIONNAIRE (IAQ)

OVERVIEW: The *International Anxiety Questionnaire* (IAQ) is a self-report measure of ICD-11 Generalised Anxiety Disorder (ICD-11 diagnostic code 6B00). It can be used to generate severity scores and to identify cases meeting diagnostic criteria. The severity scoring method simply involves summing the scores of the 8 IAQ items producing a possible range of scores from 0 to 32. No cut-off scores are proposed, as ‘caseness’ is defined by applying the ICD-11 diagnostic algorithm.

DIAGNOSTIC ALGORITHM: The ICD-11 states that Generalised Anxiety Disorder requires the “*Essential (Required) Features*” of either “*General apprehensiveness that is not restricted to any particular environmental circumstance (i.e., ‘free-floating anxiety’)*” or “*Excessive worry (apprehensive expectation) about negative events occurring in several different aspects of everyday life (e.g., work, finances, health, family)*”. It also states that these essential features should be “…*accompanied by additional characteristic symptoms*”. This equates to endorsing (i.e., scoring 3 or 4 on the Likert scale) a total of 4 or more of the items with at least one, or both, being item 1 or 2 (the essential features) from the IAQ. If these conditions are met, *and* the functional impairment question is answered ‘Yes’, then the diagnostic requirements for ICD-11 Generalised Anxiety Disorder have been met. SPSS syntax for executing the diagnostic algorithm is provided at the end of this document.

The following reference should be used:

Shevlin, M., Hyland, P., Butter, S., McBride, O., Hartman, T. K., Karatzias, T., & Bentall, R. P. (2022). The development and initial validation of self-report measures of ICD-11 depressive episode and generalized anxiety disorder: The International Depression Questionnaire (IDQ) and the International Anxiety Questionnaire (IAQ). *Journal of Clinical Psychology*, 1– 17. https://doi.org/10.1002/jclp.23446

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**Over the last several months**, how frequently have you had the following feelings, thoughts, and behaviours? Please circle the appropriate number to indicate your response.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Only a few days | Half the days | Most days | Every day |
| 0 | 1 | 2 | 3 | 4 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. Felt nervous or anxious?
 | 0 | 1 | 2 | 3 | 4 |
| 1. Worried a lot about different things?
 | 0 | 1 | 2 | 3 | 4 |
| 1. Felt physically tense or agitated?
 | 0 | 1 | 2 | 3 | 4 |
| 1. Felt your heart racing, difficulty breathing, stomach discomfort, or dry mouth?
 | 0 | 1 | 2 | 3 | 4 |
| 1. Felt ‘on edge’?
 | 0 | 1 | 2 | 3 | 4 |
| 1. Had difficulty concentrating?
 | 0 | 1 | 2 | 3 | 4 |
| 1. Been easily annoyed by different things?
 | 0 | 1 | 2 | 3 | 4 |
| 1. Experienced sleep disturbances?
 | 0 | 1 | 2 | 3 | 4 |

Have these experiences caused problems in personal, family, social, educational, occupational, or other important areas of your life? Yes No

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SPSS Scoring: If the IAQ items are labelled Anx\_1 to Anx\_8 and the functional impairment item is labelled ‘Anx\_impair’, the following syntax will produce a variable called ‘ICD\_ANX\_dx’ with values of 1 indicating caseness and 0 not.

IF (Anx\_1 > 2) or (Anx\_2 > 2) CoreAnx\_dx=1.

EXECUTE.

COUNT Count\_Anx =

Anx\_1,

Anx\_2,

Anx\_3,

Anx\_4,

Anx\_5,

Anx\_6,

Anx\_7,

Anx\_8 (3, 4).

EXECUTE.

IF (CoreAnx\_dx =1) and (Count\_Anx >= 4) and (Anx\_impair =1) ICD\_ANX\_dx=1.

EXECUTE.

RECODE ICD\_ANX\_dx (MISSING=0).

EXECUTE.

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