

Download Beck Anxiety Inventory Manual

Beck Anxiety Inventory (BAI) About: This scale is a self-report measure of anxiety. Items: 21 Reliability: Internal consistency for the BAI = (Cronbach's $\alpha=0.92$) Test-retest reliability (1 week) for the BAI = 0.75 (Beck, Epstein, Brown, & Steer, 1988) Validity: The BAI was moderately correlated with the revised Hamilton Anxiety Rating Scale (.51), Beck Anxiety Inventory. A grand sum between 22 – 35 indicates moderate anxiety. Your body is trying to tell you something. Clearly, it is not “panic” time but you want to find ways to manage the stress you feel. A grand sum that exceeds 36 is a potential cause for concern. You may want to consult a counselor if the feelings persist. Beck Anxiety Inventory Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, including today, by circling the number in the corresponding space in the column next to each symptom. Not At All Mildly but it didn't bother me much. The Beck Anxiety Inventory (BAI), created by Dr. Aaron T. Beck and other colleagues, is a 21-question multiple-choice self-report inventory that is used for measuring the severity of an individual's anxiety.