

**Title of the project:**

**Effect of yoga on emotional stability and worry of yoga practitioners**

**Implementing institution:**

Patanjali Yoga Research Centre, Kozhikode, Kerala, India

**Project Coordinator:**

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**Period of Study:**

September 2017 to January 2018

**Project Funding:**

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## **Introduction**

Yoga has been scientifically established as an alternate system of medicine, effective in overcoming many diseases and problems. The influence of practicing yoga in improving the mental state / condition of people has been well established. Patanjali Yoga Research Centre, Kozhikode, Kerala, India has already carried out research on this aspect and arrived at favorable results. Yoga can contribute to scientific research, and especially to research in the field of psychology. It appears to be very much worth the effort to explore the option to use yoga-based methods of enquiry in order to develop a powerful and effective science of the entire domain of inner "psychological" states and processes.

In this background, this report highlights the results of a study carried out by Patanjali Yoga Research Centre, Kozhikode, Kerala on assessing the impact of yoga on certain psychological processes of yoga practitioners, when compared to people who do not practice yoga

## **Objectives of the study**

1. To analyze the effect of yoga on emotional stability of people
2. To study the influence of yoga on worries faced by people

## **Methodology**

This research project was carried out using a structured questionnaire among a sample of 100 Yoga practitioners of Patanjali Yoga Research Centre, Kozhikode, Kerala to analyze the influence of practicing yoga on their emotional stability and worries. 37 people who do not practice yoga were also interviewed from Kozhikode using the same questionnaire in order to analyze the outcome of not practicing yoga on their emotional stability and worries.

The questionnaire contained questions (behavioral items) related to emotional stability (which is the opposite of Neuroticism ), as suggested by John, O. P. and Srivastava, S. (1999) and questions (behavioral items) related to worry, which have been outlined by Meyer et al (1990) in the Penn State Worry questionnaire. The Personality facets of Neuroticism vs. Emotional stability, as mentioned by John, O. P. and Srivastava, S. (1999) include:

1. Anxiety (tense)
2. Angry hostility (irritable)
3. Depression (not contented)
4. Self-consciousness (shy)
5. Impulsiveness (moody)
6. Vulnerability (not self-confident)

The questionnaire contained various behavioral items indicating the above personality traits

The responses to the items in the questionnaire were quantified as scores using the Likert's equal interval scale. The score of emotional stability was worked out as the sum of scores of different behavioral items of emotional stability included in the questionnaire.

Similarly, the Penn State Worry score was worked out as the sum of scores of different behavioral items of worry shown in the questionnaire.

The results of the study have been interpreted in this report in the following manner: Lower the total emotional stability score of individuals, higher will be their level of emotional stability. Lower the Penn State Worry score, higher will be their level of worry.

### **Results and Discussion**

Table 1 gives details and score of behavioral items used to quantify emotional stability of people who do not practice yoga. Table 2 shows details and score of behavioral items used to quantify emotional stability of people practicing yoga. It may be made out from these two tables that the score of emotional stability of yoga practitioners (Refer Table 2) is less than that of people who do not practice yoga (Refer Table 1). This implies that yoga practitioners have more emotional stability than people who do not practice yoga.

Comparison of the mean score of behavioral items related to emotional stability between yoga practitioners and people not practicing yoga (Table 3) reveals that the mean score for each item related to emotional stability is less for people who practice yoga. This indicates that yoga practitioners have higher emotional stability under all the items of emotional stability (considered in the questionnaire) than people who do not practice yoga.

Table 4 gives details of the statistical test of regression of the score of emotional stability of yoga practitioners with five behavioral items related to emotional stability. It can be inferred from the table that the five items, namely, 1. I am a person who gets depressed. 2. I am relaxed and handles stress well. 3. I can be tense. 4. I worry a lot, and 5. I am emotionally stable / not easily upset explain about 84% of the variation observed in the score of emotional stability of yoga practitioners (Table 4). The F value for the regression is also statistically significant at 0.01 level of probability

Table 5 gives details of regression analysis of the score of emotional stability of people who do not practice yoga with the same five behavioral items mentioned in the above paragraph. It can be inferred from the table that these five items explain about 74% of the variation observed in score of emotional stability of non- yoga practitioners (Table 5). The F value for the regression is statistically significant at 0.01 level of probability.

Table 6. Shows the details of the statistical test of Analysis of Variance (ANOVA) of five variables (Age, No. of years of yoga practice, No. of days of yoga practice per week, Sex of the yoga practitioner and Total Penn State Worry score) for the yoga practitioners, for which data was collected using the Penn State Worry questionnaire. The Table reveals that the variance is statistically significant at 0.01 probability.

Table 7 gives details of regression analysis of Penn State Worry score of yoga practitioners against four behavioral items in the Penn State Worry Questionnaire. The four items considered in the regression are listed below:

1. If I do not have enough time to do everything, I do not worry about it
2. I do not tend to worry about things
3. I find it easy to dismiss worrisome (worrying) thoughts
4. When there is nothing more I can do about a concern (problem), I do not worry about it

These four items show the non-worrying nature of yoga practitioners. They explain a good proportion (47.7%) of the variation observed in the Penn State Worry score (Refer R square value of 0.477 shown in Table 7) of yoga practitioners (which, as already discussed earlier in this report, indicates that yoga practitioners are less worried than people who do not practice yoga).

Table 8 shows the results of regression analysis of Penn State Worry score of people who do not practice yoga against five behavioral items included in the Penn State Worry questionnaire. The following are the five items considered:

1. If I do not have enough time to do everything, I do not worry about it
2. My worries overwhelm me
3. I do not tend to worry about things
4. Many situations make me worried
5. I know I should not worry about things, but I just cannot help it

It may be noted from the list of behavioral items shown above that except for the item, namely, *if I do not have enough time to do everything, I do not worry about it*, all the other four items indicate the worrying nature of people who do not practice yoga. It is interesting to note that these four items (depicting the worrying behavior of people who do not practice yoga) are among the five items which explain 77% of

the variation in Penn State Worry score (Refer R square value of 0.77 shown in Table 8) of the people who do not practice yoga (which, as already discussed earlier in this report, indicates that people who do not practice yoga are more worried than yoga practitioners).

The mean score for various behavioral items in the Penn State Worry questionnaire for yoga practitioners and people not practicing yoga is shown in Table 9. People practicing yoga have a higher score for all the items in the Penn State Worry questionnaire, when compared to people who do not practice yoga, This indicates that yoga practitioners face less worry with respect to various items related to worry than people who do not practice yoga. Table 10 shows the range of mean score of various behavioral items in the Penn State Worry questionnaire of non-yoga practitioners (expressed as % of the mean score of the item of yoga practitioners).

### **Conclusions**

The study has shown that yoga practitioners have lower scores under all the behavioral items of emotional stability (included in the questionnaire used in the study) as well as a lower score for emotional stability than people who do not practice yoga. This indicates that people practicing yoga maintain more emotional stability than people who do not practice yoga.

People doing yoga get a higher score for all the behavioral items related to worry (included in the questionnaire used in the study) and also a higher score for worry, when compared to people who do not practice yoga. This result means that yoga practitioners have less worry than people who do not practice yoga. It also indicates

that yoga practitioners face less worry with respect to various behavioral items related to worry than people who do not practice yoga

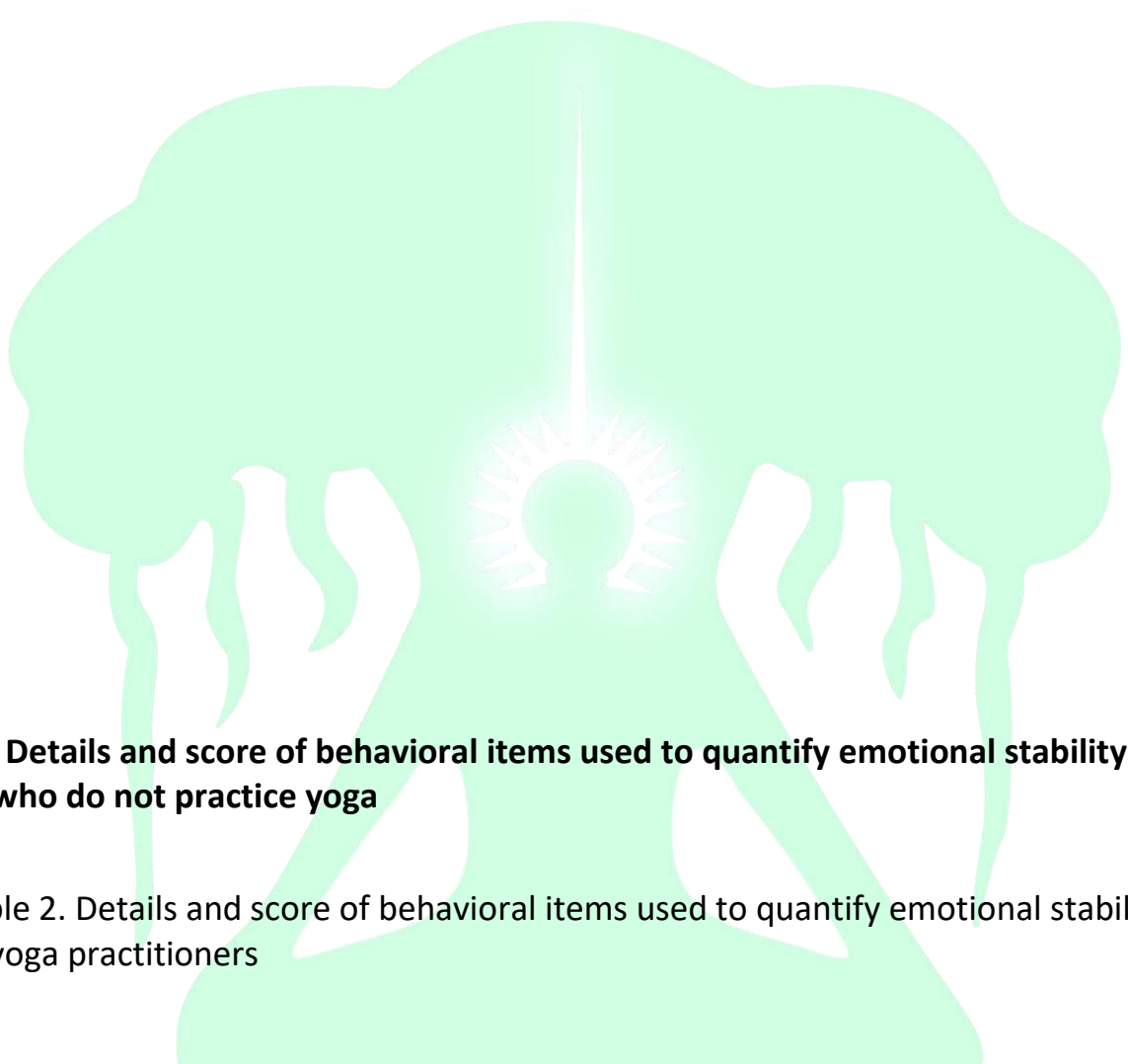
Various behavioral items indicating the non-worrying nature of yoga practitioners were found to explain a good proportion of the variation observed in their worry score. In the case of people who do not practice yoga, out of the five behavioral items considered for statistical regression analysis, four items (which indicate their

Worrying nature) explain a significant percentage of the variation observed in their Penn State Worry score.

The positive results on more emotional stability and less worry of yoga practitioners observed under this research project carried out by Patanjali Yoga Research Centre, Kozhikode should be propagated among yoga practitioners of Patanjali Yoga Research Centre as well as other yoga centers. Such results should also be made available to other people in order to motivate them to learn and practice yoga



Respondent No.	I am a person who gets depressed	I am relaxed, handle stress well	I can be tense	I Worry a lot	I am emotionally stable, not easily upset	I can be moody	I remain calm in tense situations	I Get nervous easily	Total score of emotional stability
<b>Score</b>									
1	5	4	5	5	4	4	4	4	35
2	4	4	4	4	4	3	2	4	29
3	4	4	3	4	3	2	4	4	28
4	3	3	5	4	4	3	2	4	28
5	3	4	3	3	3	4	4	4	28
6	3	4	3	4	4	3	2	3	26
7	4	4	4	4	4	3	2	4	29
8	5	4	3	5	4	3	4	4	32
9	4	3	4	3	4	3	3	4	28
10	5	4	4	3	3	2	4	5	30
11	4	3	4	4	3	3	2	5	28
12	3	3	4	3	4	3	4	4	28
13	3	3	4	4	4	3	2	4	27
14	3	4	3	3	3	4	4	5	29
15	3	4	3	4	4	2	4	3	27
16	4	3	3	5	3	4	4	5	31
17	3	3	4	4	3	4	3	5	29
18	4	3	4	4	3	4	3	3	28
19	4	3	3	5	4	3	3	5	30
20	3	3	3	4	3	3	3	5	27
21	4	3	3	3	4	4	3	3	27
22	4	3	3	4	3	3	3	4	27
23	4	3	3	3	4	2	4	4	27
24	4	3	3	5	3	4	3	4	29
25	3	3	3	4	4	2	4	3	26
26	4	3	4	3	3	4	3	4	28
27	3	3	3	4	4	2	3	4	26
28	3	1	5	4	4	3	5	2	27
29	3	3	2	3	3	3	3	4	24
30	5	3	3	5	3	2	4	5	30
31	5	3	5	5	2	5	5	3	33
32	4	3	3	5	4	3	3	5	30
33	3	5	3	3	2	3	2	3	24
34	3	5	4	4	3	4	3	3	29
35	5	3	5	4	5	3	1	5	31
36	4	3	3	4	2	4	4	4	28
37	5	3	3	4	2	4	2	4	27
Mean score	3.78	3.32	3.54	3.94	3.4	3.18	3.18	4	<b>28.38</b>



**Table 1. Details and score of behavioral items used to quantify emotional stability of people who do not practice yoga**

Table 2. Details and score of behavioral items used to quantify emotional stability of yoga practitioners

ITEMS									
Respondent No.	I am a person who gets depressed	I am relaxed, handles stress well	I can be tense	I Worry a lot	I am emotionally stable, not easily upset	I can be moody	I remain calm in tense situations	I Get nervous easily	Total score of emotional stability
1	2	3	2	3	3	2	2	2	19

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2	2	1	2	2	1	3	1	2	14
3	1	3	2	1	3	2	3	1	16
4	3	3	2	2	3	1	3	2	19
5	1	1	1	1	1	2	1	2	10
6	2	2	3	2	2	3	2	1	17
7	2	3	2	2	3	2	3	2	19
8	2	3	3	2	2	3	2	2	19
9	2	2	3	2	2	1	2	1	15
10	3	3	2	2	3	2	1	3	19
11	2	3	2	3	2	3	2	1	18
12	3	2	2	3	2	2	3	2	19
13	3	3	2	2	2	3	3	2	20
14	2	3	3	2	3	2	3	2	20
15	1	2	2	2	3	2	3	2	17
16	1	1	2	2	1	2	1	2	12
17	2	3	2	2	2	3	2	3	19
18	3	2	2	3	2	3	2	3	20
19	1	3	2	3	2	3	2	2	18
20	1	2	3	2	3	1	3	1	16
21	2	3	2	3	3	2	2	2	19
22	3	3	1	2	3	2	3	1	18
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25	2	3	3	2	2	3	2	2	19
26	1	3	2	1	2	2	2	2	15
27	3	2	3	2	3	3	2	2	20
28	2	3	3	2	3	2	2	2	19
29	2	3	1	2	1	3	1	1	14
30	1	3	1	1	3	3	2	1	15
31	2	3	3	2	3	2	3	2	20
32	2	2	2	2	2	2	2	2	16
33	1	3	3	2	2	3	2	3	19
34	3	3	2	2	3	3	2	2	20
35	3	3	2	2	2	3	2	2	19
36	3	2	2	3	2	3	2	3	20
37	1	3	2	3	2	3	2	2	18
38	1	3	3	2	2	3	2	2	18
39	2	2	3	2	2	2	2	3	18
40	3	3	3	2	1	2	1	3	18
41	3	3	2	2	2	2	3	2	19
42	2	3	2	2	3	2	3	2	19
43	2	2	2	2	1	3	3	3	18

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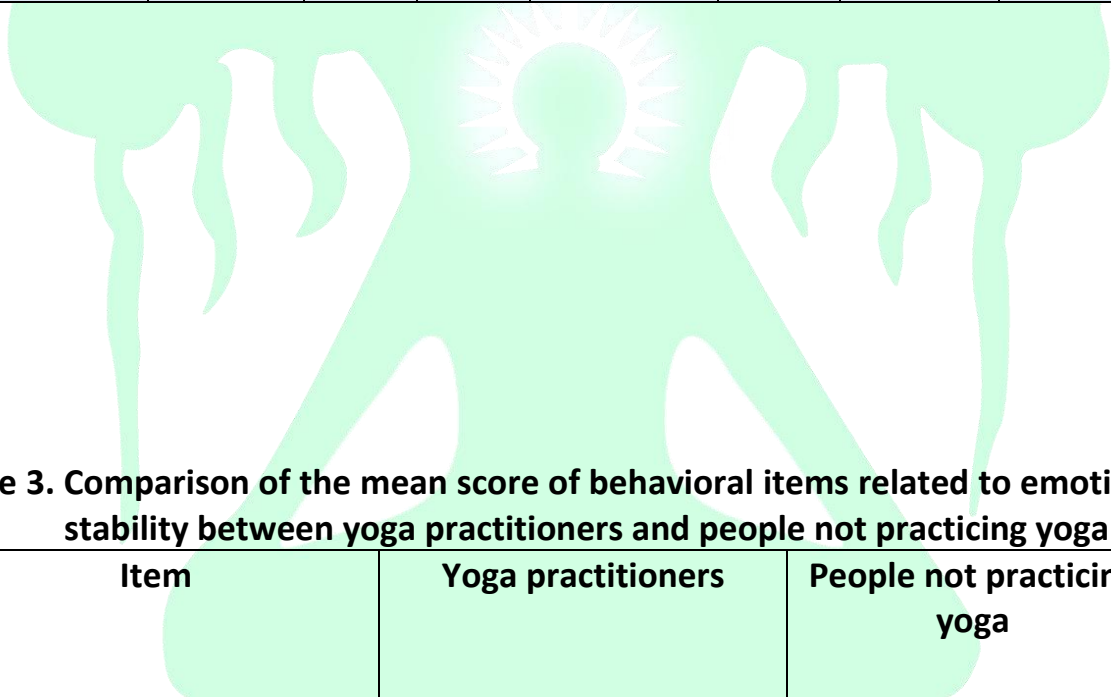
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44	3	3	2	3	2	3	2	2	20
45	1	2	2	2	2	3	2	2	16
46	2	3	3	2	2	3	2	3	20
47	3	3	2	2	3	2	3	2	20
48	2	2	3	3	2	2	3	2	19
49	3	2	3	3	2	2	3	3	21
50	2	3	3	3	2	1	2	2	18
51	1	2	3	3	3	2	2	3	19
52	3	3	3	2	2	3	2	1	19
53	2	5	2	2	2	3	4	2	22
53	2	1	4	1	1	3	1	2	15
55	2	3	2	2	2	2	2	3	18
56	1	2	3	2	3	2	3	2	18
57	2	3	2	2	3	2	3	2	19
58	3	3	2	3	3	2	2	3	21
59	2	3	3	2	3	3	2	2	20
60	2	3	2	2	3	3	2	2	19
61	1	3	2	2	3	2	3	1	17
62	3	3	3	2	2	3	3	2	21
63	3	3	2	2	2	2	3	2	19
64	2	3	2	3	2	3	2	2	19
65	2	3	3	2	2	2	2	2	18
66	1	3	1	1	3	1	4	1	15
67	1	3	3	2	3	3	3	2	20
68	3	3	2	2	3	3	2	2	20
69	2	3	3	2	3	3	3	1	20
70	2	2	2	2	2	3	4	2	19
71	2	3	3	2	2	3	3	2	20
72	2	3	3	2	3	2	3	3	21
73	2	3	3	3	2	2	2	2	19
74	2	3	3	2	3	2	3	3	21
75	2	3	3	1	1	2	4	1	17
76	2	2	3	3	2	2	3	2	19
77	3	3	2	3	3	3	3	3	23
78	2	3	2	3	3	3	3	1	20
79	2	3	3	2	2	3	2	2	19
80	2	3	3	2	2	3	4	2	21
81	2	3	2	2	3	3	3	2	20
82	3	2	2	2	2	3	2	2	18
83	3	2	4	2	3	3	3	1	21
84	2	3	1	1	1	3	3	1	15
85	1	1	1	3	4	3	2	1	16

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86	1	2	3	2	3	3	2	2	18
87	2	3	3	2	2	3	2	2	19
88	3	1	3	3	3	2	2	2	19
89	3	3	3	2	3	4	2	2	22
90	2	3	3	2	2	2	3	2	19
91	2	3	3	3	2	3	3	2	21
92	3	3	3	2	2	3	3	3	22
93	2	1	1	1	1	2	4	1	13
94	3	2	3	3	2	3	3	2	21
95	3	3	2	3	2	3	2	2	20
96	2	4	3	3	3	2	4	2	23
97	2	1	3	3	3	2	2	3	19
98	2	2	1	2	3	2	4	2	18
99	3	3	3	3	2	2	3	3	22
100	2	3	3	3	3	2	2	2	20
Mean score	2.1	2.63	2.36	2.19	2.34	2.44	2.47	1.99	<b>18.56</b>



**Table 3. Comparison of the mean score of behavioral items related to emotional stability between yoga practitioners and people not practicing yoga**

Item	Yoga practitioners	People not practicing yoga
	Mean score for the item	Mean score for the item
I am a person who gets depressed	2.10	3.78
	2.62	3.32

Can be tense	2.36	3.54
Worries a lot	2.19	3.94
Is emotionally stable, not easily upset	2.34	3.40
Can be moody	2.44	3.18
Remains calm in tense situations	2.47	3.18
Gets nervous easily	1.99	4.00
<b>Total score of emotional stability</b>	<b>18.56</b>	<b>28.38</b>

**Table 4. Regression analysis of total score of emotional stability of yoga practitioners with five behavioral items in the Emotional Stability questionnaire**

Regression Statistics	
Multiple R	0.919109
R Square	<b>0.844762</b>
Adjusted R Square	0.83676
Standard Error	0.980296
Observations	103

ANOVA

	df	SS	MS	F	Significance F

Regression	5	507.251	101.4502	105.5695	1.2E-37	
Residual	97	93.21504	0.96098			
Total	102	600.466				
Item no.	Coefficients	Standard Error	t Stat	P-value	Lower 95%	Upper 95%
Intercept	3.949459	0.655635	6.02387	3.06E-08	2.648205	5.250712
1	1.476694	0.152297	9.696146	6.08E-16	1.174427	1.778961
2	1.45597	0.139657	10.42532	1.62E-17	1.178789	1.73315
3	1.304921	0.138356	9.431584	2.26E-15	1.030321	1.57952
4	0.954714	0.182468	5.232212	9.67E-07	0.592564	1.316863
5	1.03592	0.151989	6.815774	7.97E-10	0.734265	1.337575

Item No.	Details
1	I am a person who gets depressed
2	Is relaxed, handles stress well
3	Can be tense
4	Worries a lot
5	Is emotionally stable, not easily upset

**Table 5. Regression analysis of total score of emotional stability of people not practicing yoga with five behavioral items in the**

Regression Statistics	
Multiple R	0.86193773
R Square	<b>0.74293665</b>
Adjusted R Square	0.70147481
Standard Error	1.21048896
Observations	37

	df	SS	MS	F	Significance F		
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Regression	5	131.278913	26.2557827	17.91857	2.44E-08	<b>Significant at 0.01 probability</b>	
Residual	31	45.4237894	1.46528353				
Total	36	176.702703					
<b>Item No. (same as the items shown in the note given below Table 4)</b>	<b>Coefficients</b>	<b>Standard Error</b>	<b>t Stat</b>	<b>P-value</b>	<b>Lower 95%</b>	<b>Upper 95%</b>	<b>Upper 95.0%</b>
Intercept	11.5631888	2.14906997	5.38055484	7.21E-06	7.180132	15.94625	15.94625
1	1.30014982	0.30264505	4.295956	0.000159	0.682901	1.917398	1.917398
2	0.68300958	0.29326386	2.32899335	0.026551	0.084894	1.281125	1.281125
3	1.05596231	0.28215053	3.74254947	0.000743	0.480513	1.631412	1.631412
4	1.29331062	0.31541488	4.10034755	0.000276	0.650018	1.936604	1.936604
5	0.2299718	0.29286308	0.78525364	0.438265	-0.36733	0.82727	0.82727

**ANOVA**

Variables for which data was collected using the Penn State Worry questionnaire

	Count	Sum	Mean	Variance
1 Age	103	4567	44.33981	177.8736
2 Years of yoga practice	103	409.685	3.977524	27.23278
3 No. of days/week of yoga practice	103	523	5.07767	1.739006
4 Sex of the respondent	103	154	1.495146	0.252427
5 Penn State Worry Score	103	4686	45.49515	31.86027

**Table 6. Analysis of variance**

**(Anova) of the variables in the Penn State Worry questionnaire for yoga practitioners**



Source of Variation	SS	df	MS	F	P-value	F critical
Between Groups	21261.	4	53153.7	1112.1	3E-250	2.389
Within Groups	24373.	510	47.79162			4
Total	23698.	514				

**Significant at 0.01 probability**

**Table 7. Regression analysis of Total Penn State Worry score of yoga practitioners against four behavioral items in the Penn State Worry questionnaire**

Regression Statistics	
Multiple R	0.690874
R Square	<b>0.477</b>
Adjusted R Square	0.455972
Standard Error	4.160715
Observations	103

ANOVA					
	df	SS	MS	F	Significance F
Regression	4	1549.216	387.3039	22.37257	3.81E-13
Residual	98	1696.532	17.31155		
Total	102	3245.748			

**Significant at 0.01 probability**

Item No.	Coefficients	Standard Error	t Stat	P-value	Lower 95%	Upper 95%	Lower 95.0%	Upper 95.0%
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Intercept	21.98689	2.580078	8.521792	1.93E-13	16.86681	27.10697	16.86681	27.10697
1	2.495373	0.469302	5.317196	6.64E-07	1.564057	3.426688	1.564057	3.426688
3	1.677523	0.517063	3.24433	0.001611	0.651428	2.703618	0.651428	2.703618
8	1.435582	0.50906	2.820064	0.005811	0.425369	2.445795	0.425369	2.445795
10	0.986929	0.417469	2.364078	0.020047	0.158476	1.815383	0.158476	1.815383

Note: Details of items shown above

Item No.	Details
1	If I do not have enough time to do everything, I do not worry about it
3	I do not tend to worry about things.
8	I find it easy to dismiss worrisome thoughts
10	When there is nothing more I can do about a concern (problem), I do not worry about it

**Table 8. Regression analysis of Total Penn State Worry score of people not practicing yoga against five behavioral items in the Penn State Worry questionnaire**

Regression Statistics	
Multiple R	0.888137
R Square	<b>0.788787</b>
Adjusted R Square	0.760996
Standard Error	2.522908
Observations	44

### ANOVA

	df	SS	MS	F	Significance F
Regression	5	903.2865	180.6573	28.38262	7.24E-12
Residual	38	241.8726	6.365067		
Total	43	1145.159			

**Significant at 0.01 probability**

Item no	Coefficients	Standard Error	t Stat	P-value	Lower 95%	Upper 95%	Lower 95.0%	Upper 95.0%
Intercept	14.14957	3.100922	4.56302	5.15E-05	7.87208	20.42706	7.87208	20.42706
1	0.943401	0.521651	1.808491	0.07844	-0.11263	1.999429	-0.11263	1.999429
2	1.616075	0.491432	3.288503	0.00217	0.621223	2.610927	0.621223	2.610927
3	1.515876	0.528628	2.867567	0.00671	0.445725	2.586028	0.445725	2.586028
4	2.024084	0.480564	4.211891	0.00015	1.051232	2.996935	1.051232	2.996935
5	2.316986	0.495388	4.677115	3.62E-05	1.314126	3.319846	1.314126	3.319846

Note: Details of items shown above

Item No.	Details
1	If I do not have enough time to do everything, I do not worry about it
2	My worries overwhelm me.
3	I do not tend to worry about things.
4	Many situations make me worried
5	I know I should not worry about things, but I just cannot help it

**Table 9. Comparison of the mean score of behavioral items in the Penn State Worry questionnaire between yoga practitioners and people not practicing yoga**

Item	Yoga practitioners	People not practicing yoga
	Mean score of the item	Mean score of the item
If I do not have enough time to do everything, I do not worry about it	3.42	2.53
If I do not have enough time to do everything, I do not worry about it	3.42	2.53
My worries overwhelm me	4.07	1.81
Many situations make me worried	3.80	2.13
I know I should not worry about things, but I just cannot help it	3.76	2.11
When I am under pressure I worry a lot	3.69	2.06
I am always worrying about something	3.94	1.67
I find it easy to dismiss worrisome thoughts	3.38	2.39
As soon as I finish one task, I start to worry about everything else I have to do	3.96	1.81
When there is nothing more I can do about a concern, I do not worry about it any more	3.91	2.37
I have been a worrier all my life	4.35	1.44
I notice that I have been worrying about things	3.44	2.20
<b>Penn State Worry Score</b>	<b>45.50</b>	<b>24.81</b>

**Table 10. Range of mean score for behavioral items in the Penn State Worry questionnaire**

Item No. in the Penn State Worry Questionnaire	Range of mean score of the item for non-yoga practitioners expressed as % of the mean score for the item for yoga practitioners	Details of the item
2	33 to 46 %	My worries overwhelm me
7		I am always worrying about something
9		As soon as I finish one task, I start to worry about everything else I have to do
11		I have been a worrier all my life
3	56 to 64 %	I do not tend to worry about things
4		Many situations make me worried
5		I know I should not worry about things, but I just cannot help it
6		When I am under pressure I worry a lot
10		When there is nothing more I can do about a concern, I do not worry about it any more
12	71 to 74 %	I notice that I have been worrying about things
1		If I do not have enough time to do everything, I do not worry about it
8		I find it easy to dismiss worrisome thoughts

**References**

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