

General Anxiety Scale

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ABSTRACT

- Title of the Scale** : **General Anxiety Scale**
- Authors** : Dr. Vimal Singh, Mrs. Shubhi Rastogi, Mr. Desh Deepak & Dr. Divya R. Panjwani
- Purpose** : The purpose of the above scale is to accurately measure and classify individuals' anxiety levels, ranging from very low to very high, based on standardized scores. It is designed to help researchers, educators, and mental health professionals identify the severity of anxiety symptoms, enabling targeted interventions and informed decision-making.
- Languages** : English and Hindi
- Format** : Paper-Pencil Test
- Publisher** : **Prasad Psycho Private Limited**
- Content** : 35 items on a 5 point Likert scale
- Dimensions** : The test consists of 5 dimensions of Anxiety. The five dimensions are Academic Anxiety, Cognitive Anxiety, Emotional Anxiety, Social Anxiety, Behavioural Anxiety
- Age** : 17 and 25 years
- Type of administration** : Individual or Group
- Time Limit** : 18 to 20 minutes
- Reliability** : An internal consistency reliability of 0.94, and composite reliability values ranging from 0.686 to 0.885.
- Validity** : The construct validity of the scale is high
- Norms** : Z-score
- Data Size** : 800
- Uses** : Measurement of Anxiety. It may be used for research based on general population (age above 17 years), Intervention and counselling purpose



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by

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Published by:

PRASAD PSYCHO PRIVATE LIMITED

B-97, Sector-67,

Noida-201 301, U.P [INDIA]

www.prasadpsycho.com

First Publication in India: 2026

Product Code : 16-3509-KT

ISBN No.: 978-93-94903-86-9