

Anxiety Sensitivity Index 3 (ASI-3) by Taylor (2007)

The Anxiety Sensitivity Index-3 (ASI-3; Taylor et al., 2007) is an 18-item version of the original Anxiety Sensitivity Index (Reiss et al., 1986) as described by Virginia Anne Farnsworth-Grodd (2012).

Anxiety sensitivity scores have been found to be more predictive of music performance anxiety than trait anxiety. Anxiety sensitivity is considered to be multidimensional consisting of three-factors: (i) fear of physical symptoms (e.g., “It scares me when my heart beats rapidly.”); (ii) fear of cognitive dyscontrol (e.g., “When I cannot keep my mind on a task, I worry that I might be going crazy.”); and (iii) fear of social concerns (e.g., “When I tremble in the presence of others, I fear what people might think of me.”). Anxiety sensitivity may be thought of as a conscious, cognitive reactivity to the physical manifestations of anxiety. Respondents indicate on a 5-point scale

(0 = **very little**, 1 = **a little**, 2 = **some**, 3 = **much**, 4 = **very much**) the degree to which anxiety symptoms are distressing. Scores range from 0 to 72.

Scoring:

- 54 – 72 High Anxiety Sensitivity
- 53 - 36 Moderate Anxiety Sensitivity
- 35 - 18 Low Anxiety Sensitivity
- 17 - 0 Almost No Anxiety Sensitivity