

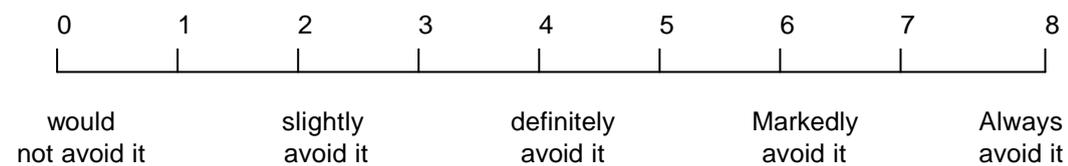
Fear questionnaire (ref 1)

Name:

Date:

Age:

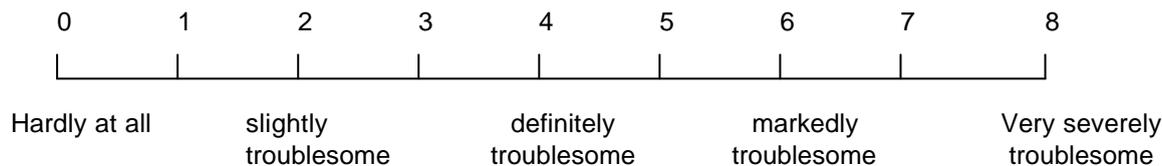
Sex:



Choose a number from the scale below to show how much you would avoid each of the situations listed below because of fear or other unpleasant feelings. Then write the number you choose in the space opposite each situation.

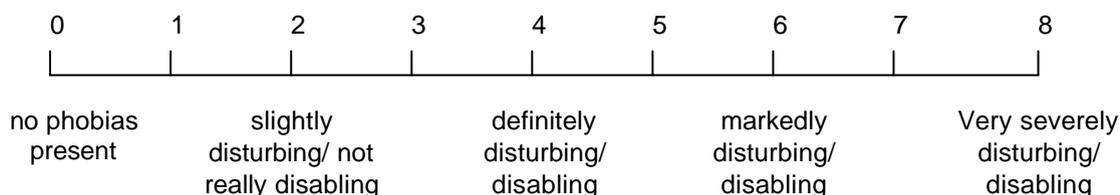
1.	Main phobia you want treated (describe in your own words)	
2.	Injections or minor surgery	
3.	Eating or drinking with other people	
4.	Hospitals	
5.	Travelling alone or by bus	
6.	Walking alone in busy streets	
7.	Being watched or stared at	
8.	Going into crowded shops	
9.	Talking to people in authority	
10.	Sight of blood	
11.	being criticised	
12.	Going alone far from home	
13.	Thought of injury or illness	
14.	Speaking or acting to an audience	
15.	Large open spaces	
16.	Going to the dentist	
17.	Other situations (describe)	

Now choose a number from the scale below to show how much you are troubled by each problem listed, and write the number in the space opposite.



18.	Feeling miserable or depressed	
19.	Feeling irritable or angry	
20.	Feeling tense or panicky	
21.	Upsetting thoughts coming into your mind	
22.	Feeling you or your surroundings are strange or unreal	
23.	Other feelings (describe)	

How would you rate the present state of your phobic symptoms on the scale below?



Please circle one number between 0 and 8.

Scoring The Fear Questionnaire

Four scores are obtained from the Fear Questionnaire. These scores are for:

Level of avoidance caused by the specific target phobia identified in writing by the individual (question 1, score range 0-8). When the questionnaire is administered on later occasions (e.g., at the end of treatment), exactly the same words describing the individual's specific target phobia should be written in before the individual is handed the questionnaire.

A **total phobia score** indicating extent of avoidance for 15 common phobias (questions 2-16, score range 0-120). This score is made up of 3 separate phobia subscores, each including five items and having a score range of 0-40 (agoraphobia items 5, 6, 8, 12, 15; blood-injury phobia items 2, 4, 10, 13, 16; and social phobia items 3, 7, 9, 11, 14).

A rating of **associated anxiety and depression** obtained from five common non-phobic symptoms found in phobic individuals (questions 18-22, score range 0-40).

A **global phobia rating** reflecting distress and avoidance (final scale on the questionnaire, score range 0-8).

References

1 Marks, I.M. & Mathews, A.M. (1979). Brief standard self-rating for phobic patients. Behavior Research and Therapy, 17, 263-267.