**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.

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<th>would not avoid it</th>
<th>slightly avoid it</th>
<th>definitely avoid it</th>
<th>Markedly avoid it</th>
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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?

0 1 2 3 4 5 6 7 8

no phobias present slightly disturbing/ not really disabling definitely disturbing/ disabling markedly disturbing/ disabling Very severely disturbing/ disabling

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