

## Agoraphobia Questionnaire

**0-1: Would not avoid it. 2-3: Slightly avoid it. 4-5: Definitely avoid it. 6-7: Markedly avoid it. 8: Always avoid it**

Choose a number using the scale above to show how much you would avoid each of the situations listed below because of fear or other unpleasant feelings.

Travelling alone or by bus:

- 0 - Would not avoid it
- 1
- 2 - Slightly avoid it
- 3
- 4 - Definitely avoid it
- 5
- 6 - Markedly avoid it
- 7
- 8 - Always avoid it

Walking alone in busy streets:

- 0 - Would not avoid it
- 1
- 2 - Slightly avoid it
- 3
- 4 - Definitely avoid it
- 5
- 6 - Markedly avoid it
- 7
- 8 - Always avoid it

Going into crowded shops:

- 0 - Would not avoid it
- 1
- 2 - Slightly avoid it
- 3
- 4 - Definitely avoid it
- 5
- 6 - Markedly avoid it

- 7
- 8 - Always avoid it

Going alone far from home:

- 0 - Would not avoid it
- 1
- 2 - Slightly avoid it
- 3
- 4 - Definitely avoid it
- 5
- 6 - Markedly avoid it
- 7
- 8 - Always avoid it

Large open spaces

- 0 - Would not avoid it
- 1
- 2 - Slightly avoid it
- 3
- 4 - Definitely avoid it
- 5
- 6 - Markedly avoid it
- 7
- 8 - Always avoid it