

Questionnaire 3 – Phobia

Look at the numbered scale below where 0 means you wouldn't avoid the situation and 8 means you always avoid it, or anything in between that best describes you.

Then read the situations described in A17-A19 and choose the number from the scale that applies to you.

Write the number in the box next to the situation or in a notepad if you can't write on the screen.

0	1	2	3	4	5	6	7	8
Would not avoid it		Slightly avoid it		Mostly avoid it		Markedly avoid it		Always avoid it
A17	Social situations due to a fear of being embarrassed or making a fool of myself							
A18	Certain situations because of a fear of having a panic attack or other distressing symptoms (such as loss of bladder control, vomiting or dizziness)							
A19	Certain situations because of a fear of particular objects or activities (such as animals, heights, seeing blood, being in confined spaces, driving or flying)							

Make sure you have answered honestly and accurately.

There is no need to total up these scores. This questionnaire gives insight into whether you avoid certain situations.

For instance, if you completely avoid going out in order to avoid all social contact, then you may have quite severe social anxiety. At the same time, you could have scored low on questionnaire 2 because you never allow yourself to feel any anxiety.

Therefore, scores higher than 4 in answer to A17 could indicate that your anxiety is moderate to severe even if you scored low on questionnaire 2.

I will discuss the results further with you in the final part of Milestone 1.