

Phobia Scales

The Phobia Scales measure very specific anxiety (phobias).

Choose a number from the scale below to show how much you would avoid each of the situations or objects listed below. Then write the number in the box opposite the situation.

0	1	2	3	4	5	6	7	8
Would not avoid it		Slightly avoid it		Definitely avoid it		Markedly avoid it		Always avoid it
<p>Social situations because of a fear of being embarrassed or making a fool of myself. <input type="checkbox"/></p> <p>Certain situations because of a fear of having a panic attack or other distressing symptoms (such as loss of bladder control, vomiting or dizziness). <input type="checkbox"/></p> <p>Certain situations because of a fear of particular objects or activities (such as animals, heights, seeing blood, being in confined spaces, driving or flying). <input type="checkbox"/></p>								

Scoring the Phobia Scales

These questions help you track the severity of your phobic anxiety. The higher the score, the more severe the anxiety.