

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.

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

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

Agoraphobia 4, 5, 7 11, 14

Blood & Injury 1, 3, 9, 12, 15

Social 2, 6, 8, 10, 13

Total

(A measure of behavioural avoidance; devised by **I Marks & A Matthews**, 'A brief standardised self-rating scale for phobic patients, *Behaviour Research and Therapy* 17, pp 263–7, 1979.)