

Severity Measure for Agoraphobia—Adult

Patient Name: _____ Age: _____

Male ____ Female ____ Date: _____

Instructions: The following questions ask about thoughts, feelings, and behaviors you may have had in the following situations: crowds, public places, using transportation (e.g., buses, planes, trains), traveling alone, or away from home. **Please respond to each item by marking (✓ or x) one box per row.**

						CLINICIAN USE
DURING THE PAST 7 DAYS, I HAVE . . .	NEVER	OCCASIONALLY	HALF OF THE TIME	MOST OF THE TIME	ALL OF THE TIME	ITEM SCORE
1. felt moments of sudden terror, fear, or fright in these situations	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
2. felt anxious, worried, or nervous about these situations	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
3. had thoughts about panic attacks, uncomfortable physical sensations, getting lost, or being overcome with fear in these situations	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
4. felt a racing heart, sweaty, trouble breathing, faint, or shaky in these situations	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
5. felt tense muscles, felt on edge or restless, or had trouble relaxing in these situations	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
6. avoided, or did not approach or enter, these situations	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
7. moved away from these situations, left them early, or remained close to the exits	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
8. spent a lot of time preparing for, or procrastinating about (putting off), these situations	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	

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						CLINICIAN USE
DURING THE PAST 7 DAYS, I HAVE ...	NEVER	OCCASIONALLY	HALF OF THE TIME	MOST OF THE TIME	ALL OF THE TIME	ITEM SCORE
9. distracted myself to avoid thinking about these situations	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
10. needed help to cope with these situations (e.g., alcohol or medication, superstitious objects, other people)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
Total/Partial Raw Score:						
Prorated Total Raw Score (if 1–2 items left unanswered):						
Average Total Score:						

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Scoring and Interpretation

To use when a diagnosis of agoraphobia has been made for an individual aged 18 or over. Total score can range from 0–40; higher scores indicate higher severity.

Clinician indicates the raw score for each item in the “Clinician Use” section.

Calculate the Average Total Score, reducing the overall score to a 5-point scale; this allows the clinician to think of the severity of the individual’s agoraphobia in terms of none (0), mild (1), moderate (2), severe (3), or extreme (4).

The Average Total Score is calculated by dividing the Total Raw Score by the number of items in the measure (i.e., 10).

Note: If 3 or more items are left unanswered, the total score on the measure should not be calculated. If 1–2 items are left unanswered, you are asked to calculate and use a Prorated Total Raw Score as the Total Raw Score.

The Prorated Total Raw Score is calculated by summing the scores of items that were answered to get a Partial Raw Score. The formula for prorating the Partial Raw Score to the Total Raw Score is:

$$\frac{(\text{Partial raw score} \times 10)}{\text{Number of items that were actually answered (8–9)}}$$

If the result is a fraction, round to the nearest whole number. Use this prorated score to calculate the average:

$$\frac{(\text{Prorated total raw score})}{\text{Number of items in the measure (i.e., 10)}}$$