Panic and Agoraphobia Scale

PANIC AND AGORAPHOBIA SCALE

Name: _____ **Date:** _____ dd / mm / yyyy

A1. Frequency:

- ◯ No panic attack in the past week
- ◯ 1 panic attack in the past week
- ◯ 2-3 panic attacks in the past week
- ◯ 4-6 panic attacks in the past week
- ◯ 1 or more attacks daily

A2. Severity:

- ◯ No panic attacks
- ◯ Attacks were usually very mild
- ◯ Attacks were usually moderate
- ◯ Attacks were usually severe
- ◯ Attacks were usually extremely severe

A3. Average duration of panic attacks:

- ◯ No panic attacks
- ◯ 1 to 10 min
- ◯ Over 10-60 min
- ◯ Over 1-2 h
- ◯ Over 2 h or more

U. Were most of the attacks expected (occurring in feared situations) or unexpected (spontaneous)?

- ◯ Mostly unexpected
- ◯ More unexpected than expected
- ◯ Some unexpected, some expected
- ◯ More expected than unexpected
- ◯ Mostly expected

B1. Avoidance behavior:

- ◯ No avoidance (or no agoraphobia)
- ◯ Infrequent avoidance of feared situations
- ◯ Occasional avoidance of feared situations
- ◯ Frequent avoidance of feared situations
- ◯ Very frequent avoidance of feared situations

B2. Number of feared situations:

- ◯ None (or no agoraphobia)
- ◯ 1 situation
- ◯ 2-3 situations
- ◯ 4-8 situations
- ◯ Occurred in very many different situations

B3. Importance of avoided situations:

- ◯ Unimportant (or no agoraphobia)
- ◯ Not very important
- ◯ Moderately important
- ◯ Very important
- ◯ Extremely important

C1. Frequency:

- ◯ No fear or having a panic attack
- ◯ Infrequent fear of having a panic attack
- ◯ Sometimes fear of having a panic attack
- ◯ Frequent fear of having a panic attack
- ◯ Fear of having a panic attack all the time

C2. How strong was this "fear of fear"?

- ◯ No
- ◯ Mild
- ◯ Moderate
- ◯ Marked
- ◯ Extreme

D1. Disability in family relationships (partnership, children, etc):

D2. Disability in social relationships and leisure time (social events like cinema, etc):

D3. Disability in employment or housework:

E1. Worries about health damage:

E2. Assumption of organic disease:

Total score (Add items except U): _____