

IAPT phobia Scale

Identifier

Date

Please choose a number from the scale below to show how much you would avoid each of the situations or objects listed below, and then select the number in the box opposite the situation. In-between answers (1, 3, 5, 7 are allowed).

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 Social situations due to a fear of being embarrassed or making a fool of myself

2 Certain situations because of a fear of having a panic attack or other distressing symptoms (such as loss of bladder control, vomiting or dizziness)

3 Certain situations because of a fear of particular objects or activities (such as animals, heights, seeing blood, being in confined spaces, driving or flying)

Total score =

The total score is provided for interest, individual question scores often provide more useful information, e.g. question 1 relates to social anxiety, question 2 to panic disorder and question three relates to specific phobias. The maximum score of the phobia scale is 24, lower scores are better.

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

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