

PHQ

Use this scale to indicate how much you would avoid each of the situations listed below because of fear or other unpleasant feelings:

Would not avoid it	Slightly avoid it	Definitely avoid it			Markedly avoid it			Always avoid it	
0	1	2	3	4	5	6	7	8	
1. Injections or minor surgery	1	2	3	4	5	6	7	8	
2. Eating or drinking with other people	1	2	3	4	5	6	7	8	
3. Hospitals	1	2	3	4	5	6	7	8	
4. Traveling alone on public transportation (e.g. bus or train)	1	2	3	4	5	6	7	8	
5. Walking alone in busy streets	1	2	3	4	5	6	7	8	
6. Being watched or stared at	1	2	3	4	5	6	7	8	
7. Going in to crowded shops	1	2	3	4	5	6	7	8	
8. Talking to people in authority	1	2	3	4	5	6	7	8	
9. Sight of blood	1	2	3	4	5	6	7	8	
10. Being criticized	1	2	3	4	5	6	7	8	
11. Going alone far from home	1	2	3	4	5	6	7	8	
12. Thought of injury or illness	1	2	3	4	5	6	7	8	
13. Speaking or acting to an audience	1	2	3	4	5	6	7	8	
14. Large open spaces	1	2	3	4	5	6	7	8	
15. Going to the dentist	1	2	3	4	5	6	7	8	