

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