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| --- | --- | --- | --- | --- |
|  | Item numbers | Item names that potentially assess criteria | Scales that assess criteria | Notes on scales that meet criteria |
| **Panic disorder** |  |  |  |  |
| Panic attacks | 14 | Panic | ZSAS, SCL, 4DSQ, DASS, CAS, HADS |  |
| Accelerated/pounding heart | 8 | Increased heart rate | TMAS, ZSAS, SCL, MASQ, 4DSQ, STICSA, DASS, BAI |  |
| Sweating | 18 | Perspiration | TMAS, MASQ, 4DSQ, STICSA, DASS, BAI |  |
| Trembling or shaking | 3 | Physical shakiness | TMAS, ZSAS, SCL, MASQ, 4DSQ, STICSA, DASS, CAS, BAI, CC-DAS |  |
| Shortness of breath/smothering | 9 | Breathing difficulty | TMAS, ZSAS, SCL, MASQ, 4DSQ, STICSA, DASS, BAI |  |
| Choking feelings | 26 | Choking/difficulty swallowing | SCL, MASQ, DASS, BAI |  |
| Chest pain/discomfort | 38 | Chest pain | SCL, MASQ, 4DSQ |  |
| Nausea or abdominal distress | 7 | Indigestion/nausea | TMAS, ZSAS, SCL, MASQ, 4DSQ, STICSA, BAI, HADS |  |
| Dizzy, unsteady, light-headed, or faint | 12  13 | Dizziness  Faint/lightheaded | ZSAS, SCL, MASQ, 4DSQ, STICSA, DASS, CAS, BAI |  |
| Chills or heat sensations | 17  36 | Hot body temperature  Cold body temperature | TMAS, ZSAS, SCL, MASQ, STICSA, BAI |  |
| Paresthesias (numbness/tingling) | 22 | Numbness/tingling | ZSAS, SCL, MASQ, 4DSQ, BAI |  |
| Derealization or depersonalization | 55 | Derealization | SCL |  |
| Fear of losing control/going crazy | 6 | Anticipated fear | BAI | BAI – “fear of losing control”  Other scales not specific to control |
| Fear of dying | 6 | Anticipated fear | MASQ, BAI | BAI – “fear of dying”  MASQ – “was afraid I was going to die.”  Other scales not specific to dying |
| Worry about additional panic attacks | 10 | Worry | DASS | DASS – “I was worried about situations in which I might panic and make a fool of myself”  Other scales not specific to panic |
| Fear of future panic attacks | - | - | None |  |
| Avoidance due to fear of panic attacks | - | - | None |  |
| **Generalized anxiety disorder** |  |  |  |  |
| Excessive anxiety and worry | 10  15 | Worry  Anxiety | TMAS, ZSAS, 4DSQ, STICSA, DASS, CAS, STAI-S, STAI-T, HADS, GAD-7 |  |
| Difficult to control worry | 10  34 | Worry  Intrusive thoughts | STICSA, GAD-7 | Worry:  GAD-7 – “not being able to stop or control worrying”  Other scales not specific to control  Intrusive thoughts:  STICSA – “I can’t get some thoughts out of my mind,” “I cannot concentrate without irrelevant thoughts intruding,” and “I worry that I cannot control my thoughts as well as I would like to”  Other scales not specific to control |
| Restlessness/keyed up/on edge | 11 | Restlessness | TMAS, ZSAS, SCL, DASS, STAI-S, STAI-T, GAD-7 |  |
| Easily fatigued | 40 | Tired | TMAS, ZSAS |  |
| Difficulty concentrating/mind blank | 39  56 | Concentration  Memory | TMAS, STICSA |  |
| Irritability | 19 | Irritable/on edge/annoyed | TMAS, SCL, MASQ, DASS, CC-DAS, GAD-7 |  |
| Muscle tension | 47 | Muscle tension | MASQ, STICSA |  |
| Sleep disturbance | 32 | Sleep difficulty | TMAS, ZSAS, STAI-T |  |
| **Social anxiety disorder** |  |  |  |  |
| Fear/anxiety of social situations | 30 | Social fear | DASS | DASS – “I was worried about situations in which I might panic and make a fool of myself”  Other scales not specific to fear/anxiety |
| Fear of negative evaluation/humiliation | 30 | Social fear | None | Only embarrassment assessed for. No scale specifically referred to evaluation or humiliation |
| Avoidance of social situations | 20 | Avoidance | CAS | CAS – “due to my fears, I avoid social situations whenever possible”  Other scales not specific to social situations |
| **Specific phobia** |  |  |  |  |
| Fear/anxiety of specific object/situation | 20 | Avoidance | CAS | CAS – “due to my fears, I unreasonably avoid certain animals, objects, or situations”  Other scales not specific |
| Avoidance of object/situation | 20 | Avoidance | CAS | CAS – “due to my fears, I unreasonably avoid certain animals, objects, or situations”  Other scales not specific |
| **Agoraphobia** |  |  |  |  |
| Fear/anxiety about situations: | 20 | Avoidance | 4DSQ | 4DSQ – “did you avoid certain places because they frighten you?  Other scales not specific |
| Public transportation | 28 | Agoraphobia | SCL, 4DSQ, CAS | SCL – “feeling afraid to travel on buses, subways, or trains”  4DSQ – “were you afraid to travel on buses, streetcars/trams, subways, or trains?”  CAS – “I am comfortable traveling on buses, subways, or trains”  Other scales not specific |
| Open spaces | 28 | Agoraphobia | SCL, CAS | SCL – “feeling afraid in open spaces or on the streets”  CAS – “I feel afraid in open spaces or in the streets”  Other scales not specific |
| Enclosed spaces | - | None | None |  |
| In crowd or standing in line | 28 | Agoraphobia | SCL, CAS | SCL – “feeling uneasy in crowds, such as shopping or at a movie”  CAS – “I feel comfortable in crowds, such as shopping or at a movie”  Other scales not specific |
| Outside of home alone | 28 | Agoraphobia | SCL, CAS | SCL – “feeling afraid to go out of your house alone”  4DSQ – “have any fear of going out of the house alone?”  CAS – “I’m afraid to go out of my house alone”  Other scales not specific |
| Fear that escape would be difficult | 28 | Agoraphobia | CAS | CAS – “I feel afraid that I will faint in public”  Other scales not specific to escape or fear of embarrassment |
| Situations require companion | 28 | Agoraphobia | SCL, 4DSQ, CAS | 4DSQ – “have any fear of going out of the house alone?”  CAS – “due to my fears, I avoid being alone, whenever possible” “I feel comfortable when I am left alone.  SCL – “feeling nervous when you are left alone”  Other scales not specific to companion or being alone |
| **Obsessive compulsive disorder** |  |  |  |  |
| Obsessions | 34 | Intrusive thoughts | STICSA, CAS, STAI-T |  |
| Compulsions | 52 | Compulsions | 4DSQ |  |
| **Major Depressive Disorder** |  |  |  |  |
| Depressed mood | 21  57 | Negative feelings  Crying | STAI-T, TMAS | STAI-T – “I wish I could be as happy as others seem to be”  TMAS – “I wish I could be as happy as others seem to be” and “I cry easily” |
| Diminished interest or pleasure | - | - | None |  |
| Weight loss/gain | - | - | None |  |
| Insomnia/hypersomnia | 32 | Sleep difficulty | TMAS, ZSAS | TMAS – “my sleep is fitful and disturbed”  ZSAS – “I fall asleep easily and get a good night’s rest” |
| Psychomotor agitation/retardation | 11 | Restlessness | TMAS, SCL, ZSAS, HADS, GAD-7 | TMAS – “I have periods of such great restlessness that I cannot sit long in a chair”  SCL – “feeling so restless you couldn’t sit still”  ZSAS – “I feel calm and can sit still easily”  HADS – “I can sit at ease and feel relaxed” “I feel restless as I have to be on the move”  GAD-7 – “being so restless that it’s hard to sit still” |
| Fatigue or loss of energy | 40 | Tired | ZSAS | ZSAS – “I feel week and get tired easily” |
| Feelings of worthlessness or guilt | 25 | Self-worth | STAI-T, TMAS | STAI-T – “I feel inadequate”  TMAS – “at times I think I am no good at all” |
| Difficulty concentrating or indecisiveness | 31  39 | Indecision  Concentration | STAI-S, STAI-T, STICSA, TMAS |  |
| Suicidal ideation/thoughts of death | - | - | None |  |