

ID:

Date:

The Parkinson Anxiety Scale (PAS)

A. Persistent anxiety

Please mark one circle for each item below

In the past four weeks, to what extent did you experience the following symptoms?

A.1. Feeling anxious or nervous

- 0. Not at all, or never
- 1. Very mild, or rarely
- 2. Mild, or sometimes
- 3. Moderate, or often
- 4. Severe, or (nearly) always

A.2. Feeling tense or stressed

- 0. Not at all, or never
- 1. Very mild, or rarely
- 2. Mild, or sometimes
- 3. Moderate, or often
- 4. Severe, or (nearly) always

A.3. Being unable to relax

- 0. Not at all, or never
- 1. Very mild, or rarely
- 2. Mild, or sometimes
- 3. Moderate, or often
- 4. Severe, or (nearly) always

A.4. Excessive worrying about everyday matters

- 0. Not at all, or never
- 1. Very mild, or rarely
- 2. Mild, or sometimes
- 3. Moderate, or often
- 4. Severe, or (nearly) always

A.5. Fear of something bad, or even the worst, happening

- 0. Not at all, or never
- 1. Very mild, or rarely
- 2. Mild, or sometimes
- 3. Moderate, or often
- 4. Severe, or (nearly) always

B. Episodic anxiety

In the past four weeks, did you experience episodes of the following symptoms?

B.1. Panic or intense fear

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

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B.2. Shortness of breath

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

B.3. Heart palpitations or heart beating fast (not related to physical effort or activity)

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

B.4. Fear of losing control

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

C. Avoidance behavior

In the past four weeks, to what extent did you fear or avoid the following situations?

C.1. Social situations (where one may be observed, or evaluated by others, such as speaking in public, or talking to unknown people)

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

C.2. Public settings (situations from which it may be difficult or embarrassing to escape, such as queues or lines, crowds, bridges, or public transportation)

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

C.3. Specific objects or situations (such as flying, heights, spiders or other animals, needles, or blood)

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always