

Summary Scores:

HADS Score:

- Anxiety: 9
- Depression: 14

STAI-S Score: 50

STAI-T Score: 56

BFI Score:

- Openness: 3
- Conscientiousness: 6
- Extraversion: 6
- Agreeableness: 7
- Neuroticism: 8

FQ Score:

- MainPhobia: 3
- TotalPhobia: 63
- Agoraphobia: 18
- BloodInjuryPhobia: 23
- SocialPhobia: 22
- GlobalPhobiaRating: 4
- AnxietyDepression: 16

Detailed Responses:

Test: HADS

Question: 1. I feel tense or 'wound up':

Answer: A lot of the time

Score: 2

Time: 1.35s

Question Start Time: 2024-05-28T13:00:34.775Z

Answer Time: 2024-05-28T13:00:36.126Z

Test: HADS

Question: 2. I still enjoy the things I used to enjoy:

Answer: Hardly at all

Score: 3

Time: 1.172s

Question Start Time: 2024-05-28T13:00:36.126Z

Answer Time: 2024-05-28T13:00:37.298Z

Test: HADS

Question: 3. I get a sort of frightened feeling as if something awful is about to happen:

Answer: Not at all

Score: 0

Time: 0.904s

Question Start Time: 2024-05-28T13:00:37.298Z

Answer Time: 2024-05-28T13:00:38.202Z

Test: HADS

Question: 4. I can laugh and see the funny side of things:

Answer: Not at all

Score: 3

Time: 1.101s

Test: HADS

Question: 5. Worrying thoughts go through my mind:

Answer: A lot of the time

Score: 2

Time: 1.1s

Question Start Time: 2024-05-28T13:00:39.303Z

Answer Time: 2024-05-28T13:00:40.403Z

Test: HADS

Question: 6. I feel cheerful:

Answer: Sometimes

Score: 1

Time: 1.117s

Question Start Time: 2024-05-28T13:00:40.403Z

Answer Time: 2024-05-28T13:00:41.520Z

Test: HADS

Question: 7. I can sit at ease and feel relaxed:

Answer: Not Often

Score: 2

Time: 1.587s

Question Start Time: 2024-05-28T13:00:41.520Z

Answer Time: 2024-05-28T13:00:43.107Z

Test: HADS

Question: 8. I feel as if I am slowed down:

Answer: Very often

Score: 2

Time: 1.035s

Question Start Time: 2024-05-28T13:00:43.107Z

Answer Time: 2024-05-28T13:00:44.142Z

Test: HADS

Question: 9. I get a sort of frightened feeling like 'butterflies' in the stomach:

Answer: Occasionally

Score: 1

Time: 1.084s

Question Start Time: 2024-05-28T13:00:44.142Z

Answer Time: 2024-05-28T13:00:45.226Z

Test: HADS

Question: 10. I have lost interest in my appearance:

Answer: I may not take quite as much care

Score: 1

Time: 1.06s

Question Start Time: 2024-05-28T13:00:45.226Z

Answer Time: 2024-05-28T13:00:46.286Z

Test: HADS

Question: 11. I feel restless as I have to be on the move:

Answer: Not very much

Score: 1

Time: 1.139s

Question Start Time: 2024-05-28T13:00:46.286Z

Answer Time: 2024-05-28T13:00:47.425Z

Test: HADS

Question: 12. I look forward with enjoyment to things:

Answer: Definitely less than I used to

Score: 2

Time: 0.939s

Question Start Time: 2024-05-28T13:00:47.425Z

Answer Time: 2024-05-28T13:00:48.364Z

Test: HADS

Question: 13. I get sudden feelings of panic:

Answer: Not very often

Score: 1

Time: 1.539s

Question Start Time: 2024-05-28T13:00:48.364Z

Answer Time: 2024-05-28T13:00:49.903Z

Test: HADS

Question: 14. I can enjoy a good book or radio or TV program:

Answer: Not often

Score: 2

Time: 1.095s

Question Start Time: 2024-05-28T13:00:49.903Z

Answer Time: 2024-05-28T13:00:50.998Z

Test: STAI-S

Question: 1. I feel calm.

Answer: Somewhat

Score: 2

Time: 1.007s

Question Start Time: 2024-05-28T13:00:50.998Z

Answer Time: 2024-05-28T13:00:52.005Z

Test: STAI-S

Question: 2. I feel secure.

Answer: Somewhat

Score: 2

Time: 1.483s

Question Start Time: 2024-05-28T13:00:52.005Z

Answer Time: 2024-05-28T13:00:53.488Z

Test: STAI-S

Question: 3. I am tense.

Answer: Moderately

Score: 3

Time: 1.1s

Question Start Time: 2024-05-28T13:00:53.488Z

Answer Time: 2024-05-28T13:00:54.588Z

Test: STAI-S

Question: 4. I feel regretful.

Answer: Somewhat

Score: 2

Time: 1.565s

Question Start Time: 2024-05-28T13:00:54.588Z

Answer Time: 2024-05-28T13:00:56.153Z

Test: STAI-S

Question: 5. I feel at ease.

Answer: Not at all

Score: 1

Time: 1.286s

Question Start Time: 2024-05-28T13:00:56.153Z

Answer Time: 2024-05-28T13:00:57.439Z

Test: STAI-S

Question: 6. I feel upset.

Answer: Very much

Score: 4

Time: 0.93s

Question Start Time: 2024-05-28T13:00:57.439Z

Answer Time: 2024-05-28T13:00:58.369Z

Test: STAI-S

Question: 7. I am currently worried about possible misfortunes.

Answer: Not at all

Score: 1

Time: 1.429s

Question Start Time: 2024-05-28T13:00:58.369Z

Answer Time: 2024-05-28T13:00:59.798Z

Test: STAI-S

Question: 8. I feel rested.

Answer: Very much

Score: 4

Time: 0.941s

Question Start Time: 2024-05-28T13:00:59.798Z

Answer Time: 2024-05-28T13:01:00.739Z

Test: STAI-S

Question: 9. I feel anxious.

Answer: Moderately

Score: 3

Time: 1.051s

Question Start Time: 2024-05-28T13:01:00.739Z

Answer Time: 2024-05-28T13:01:01.790Z

Test: STAI-S

Question: 10. I feel comfortable.

Answer: Somewhat

Score: 2

Time: 1.695s

Question Start Time: 2024-05-28T13:01:01.790Z

Answer Time: 2024-05-28T13:01:03.485Z

Test: STAI-S

Question: 11. I feel self-confident.

Answer: Moderately

Score: 3

Time: 1.353s

Question Start Time: 2024-05-28T13:01:03.485Z

Answer Time: 2024-05-28T13:01:04.838Z

Test: STAI-S

Question: 12. I feel nervous.

Answer: Somewhat

Score: 2

Time: 1.143s

Question Start Time: 2024-05-28T13:01:04.838Z

Answer Time: 2024-05-28T13:01:05.981Z

Test: STAI-S

Question: 13. I am jittery.

Answer: Moderately

Score: 3

Time: 1.132s

Question Start Time: 2024-05-28T13:01:05.981Z

Answer Time: 2024-05-28T13:01:07.113Z

Test: STAI-S

Question: 14. I feel high-strung.

Answer: Not at all

Score: 1

Time: 1.276s

Question Start Time: 2024-05-28T13:01:07.113Z

Answer Time: 2024-05-28T13:01:08.390Z

Test: STAI-S

Question: 15. I am relaxed.

Answer: Very much

Score: 4

Time: 0.863s

Question Start Time: 2024-05-28T13:01:08.390Z

Answer Time: 2024-05-28T13:01:09.253Z

Test: STAI-S

Question: 16. I feel content.

Answer: Somewhat

Score: 2

Time: 1.28s

Question Start Time: 2024-05-28T13:01:09.253Z

Answer Time: 2024-05-28T13:01:10.533Z

Test: STAI-S

Question: 17. I am worried.

Answer: Moderately

Score: 3

Time: 1.01s

Question Start Time: 2024-05-28T13:01:10.533Z

Answer Time: 2024-05-28T13:01:11.543Z

Test: STAI-S

Question: 18. I feel overexcited and rattled.

Answer: Very much

Score: 4

Time: 0.921s

Question Start Time: 2024-05-28T13:01:11.543Z

Answer Time: 2024-05-28T13:01:12.464Z

Test: STAI-S

Question: 19. I feel joyful.

Answer: Not at all

Score: 1

Time: 1.173s

Question Start Time: 2024-05-28T13:01:12.464Z

Answer Time: 2024-05-28T13:01:13.637Z

Test: STAI-S

Question: 20. I feel fine.

Answer: Moderately

Score: 3

Time: 0.978s

Question Start Time: 2024-05-28T13:01:13.637Z

Answer Time: 2024-05-28T13:01:14.615Z

Test: STAI-T

Question: 1. I feel fine.

Answer: Almost Always

Score: 4

Time: 0.976s

Question Start Time: 2024-05-28T13:01:14.616Z

Answer Time: 2024-05-28T13:01:15.592Z

Test: STAI-T

Question: 2. I tire quickly.

Answer: Often

Score: 3

Time: 1.006s

Question Start Time: 2024-05-28T13:01:15.592Z

Answer Time: 2024-05-28T13:01:16.598Z

Test: STAI-T

Question: 3. I feel like crying.

Answer: Sometimes

Score: 2

Time: 1.067s

Question Start Time: 2024-05-28T13:01:16.598Z

Answer Time: 2024-05-28T13:01:17.665Z

Test: STAI-T

Question: 4. I wish I could be as happy as others seem to be.

Answer: Sometimes

Score: 2

Time: 1.122s

Question Start Time: 2024-05-28T13:01:17.665Z

Answer Time: 2024-05-28T13:01:18.787Z

Test: STAI-T

Question: 5. I am losing opportunities because I cannot make decisions fast.

Answer: Often

Score: 3

Time: 0.985s

Question Start Time: 2024-05-28T13:01:18.787Z

Answer Time: 2024-05-28T13:01:19.772Z

Test: STAI-T

Question: 6. I feel rested.

Answer: Almost Always

Score: 4

Time: 0.877s

Question Start Time: 2024-05-28T13:01:19.772Z

Answer Time: 2024-05-28T13:01:20.649Z

Test: STAI-T

Question: 7. I am calm.

Answer: Almost Never

Score: 1

Time: 1.12s

Question Start Time: 2024-05-28T13:01:20.649Z

Answer Time: 2024-05-28T13:01:21.769Z

Test: STAI-T

Question: 8. I feel that difficulties are piling up in such a way that I cannot overcome them.

Answer: Sometimes

Score: 2

Time: 1.046s

Question Start Time: 2024-05-28T13:01:21.769Z

Answer Time: 2024-05-28T13:01:22.815Z

Test: STAI-T

Question: 9. I worry too much about things that do not really matter.

Answer: Almost Always

Score: 4

Time: 0.957s

Question Start Time: 2024-05-28T13:01:22.815Z

Answer Time: 2024-05-28T13:01:23.772Z

Test: STAI-T

Question: 10. I am happy.

Answer: Often

Score: 3

Time: 1.183s

Question Start Time: 2024-05-28T13:01:23.772Z

Answer Time: 2024-05-28T13:01:24.955Z

Test: STAI-T

Question: 11. I am inclined to take things hard.

Answer: Sometimes

Score: 2

Time: 1.276s

Question Start Time: 2024-05-28T13:01:24.955Z

Answer Time: 2024-05-28T13:01:26.231Z

Test: STAI-T

Question: 12. I lack self-confidence.

Answer: Almost Never

Score: 1

Time: 1.283s

Question Start Time: 2024-05-28T13:01:26.231Z

Answer Time: 2024-05-28T13:01:27.514Z

Test: STAI-T

Question: 13. I feel secure.

Answer: Almost Always

Score: 4

Time: 0.846s

Question Start Time: 2024-05-28T13:01:27.514Z

Answer Time: 2024-05-28T13:01:28.360Z

Test: STAI-T

Question: 14. I try to avoid facing a crisis or difficulty.

Answer: Often

Score: 3

Time: 0.995s

Question Start Time: 2024-05-28T13:01:28.360Z

Answer Time: 2024-05-28T13:01:29.355Z

Test: STAI-T

Question: 15. I feel blue.

Answer: Sometimes

Score: 2

Time: 1.05s

Question Start Time: 2024-05-28T13:01:29.355Z

Answer Time: 2024-05-28T13:01:30.405Z

Test: STAI-T

Question: 16. I am content.

Answer: Often

Score: 3

Time: 0.994s

Question Start Time: 2024-05-28T13:01:30.405Z

Answer Time: 2024-05-28T13:01:31.400Z

Test: STAI-T

Question: 17. Some unimportant thoughts run through my mind and bother me.

Answer: Almost Always

Score: 4

Time: 1.231s

Question Start Time: 2024-05-28T13:01:31.400Z

Answer Time: 2024-05-28T13:01:32.632Z

Test: STAI-T

Question: 18. I take disappointments so keenly that I cannot get them out of my mind.

Answer: Sometimes

Score: 2

Time: 1.166s

Question Start Time: 2024-05-28T13:01:32.632Z

Answer Time: 2024-05-28T13:01:33.798Z

Test: STAI-T

Question: 19. I am a steady person.

Answer: Often

Score: 3

Time: 1.133s

Question Start Time: 2024-05-28T13:01:33.798Z

Answer Time: 2024-05-28T13:01:34.931Z

Test: STAI-T

Question: 20. I become tense and upset when I think about my current concerns

Answer: Almost Always

Score: 4

Time: 0.934s

Question Start Time: 2024-05-28T13:01:34.931Z

Answer Time: 2024-05-28T13:01:35.865Z

Test: BFI

Question: 1. I see myself as someone who is reserved

Answer: Strongly agree

Score: 1

Time: 2.582s

Question Start Time: 2024-05-28T13:01:35.865Z

Answer Time: 2024-05-28T13:01:38.447Z

Test: BFI

Question: 2. I see myself as someone who is generally trusting

Answer: Strongly disagree

Score: 5

Time: 1.728s

Question Start Time: 2024-05-28T13:01:38.447Z

Answer Time: 2024-05-28T13:01:40.175Z

Test: BFI

Question: 3. I see myself as someone who does a thorough job

Answer: Disagree

Score: 4

Time: 1.125s

Question Start Time: 2024-05-28T13:01:40.175Z

Answer Time: 2024-05-28T13:01:41.300Z

Test: BFI

Question: 4. I see myself as someone who is relaxed, handles stress well

Answer: Neutral

Score: 3

Time: 1.042s

Question Start Time: 2024-05-28T13:01:41.300Z

Answer Time: 2024-05-28T13:01:42.342Z

Test: BFI

Question: 5. I see myself as someone who has an active imagination

Answer: Agree

Score: 2

Time: 1.255s

Question Start Time: 2024-05-28T13:01:42.342Z

Answer Time: 2024-05-28T13:01:43.598Z

Test: BFI

Question: 6. I see myself as someone who is outgoing, sociable

Answer: Strongly disagree

Score: 5

Time: 1.166s

Question Start Time: 2024-05-28T13:01:43.598Z

Answer Time: 2024-05-28T13:01:44.764Z

Test: BFI

Question: 7. I see myself as someone who tends to find fault with others

Answer: Agree

Score: 2

Time: 1.375s

Question Start Time: 2024-05-28T13:01:44.764Z

Answer Time: 2024-05-28T13:01:46.139Z

Test: BFI

Question: 8. I see myself as someone who tends to be lazy

Answer: Agree

Score: 2

Time: 1.483s

Question Start Time: 2024-05-28T13:01:46.139Z

Answer Time: 2024-05-28T13:01:47.622Z

Test: BFI

Question: 9. I see myself as someone who gets nervous easily

Answer: Strongly disagree

Score: 5

Time: 1.06s

Question Start Time: 2024-05-28T13:01:47.622Z

Answer Time: 2024-05-28T13:01:48.682Z

Test: BFI

Question: 10. I see myself as someone who has few artistic interests

Answer: Strongly agree

Score: 1

Time: 1.304s

Question Start Time: 2024-05-28T13:01:48.682Z

Answer Time: 2024-05-28T13:01:49.986Z

Test: FQ

Question: 1. Main phobia you want treated (agoraphobia)

Answer: 3

Score: 3

Time: 1.547s

Question Start Time: 2024-05-28T13:01:49.986Z

Answer Time: 2024-05-28T13:01:51.534Z

Test: FQ

Question: 2. Injections or minor surgery

Answer: 6 - markedly avoid it

Score: 6

Time: 1.213s

Question Start Time: 2024-05-28T13:01:51.534Z

Answer Time: 2024-05-28T13:01:52.748Z

Test: FQ

Question: 3. Eating or drinking with other people

Answer: 4 - definitely avoid it

Score: 4

Time: 1.295s

Question Start Time: 2024-05-28T13:01:52.748Z

Answer Time: 2024-05-28T13:01:54.043Z

Test: FQ

Question: 4. Hospitals

Answer: 3

Score: 3

Time: 1.76s

Question Start Time: 2024-05-28T13:01:54.043Z

Answer Time: 2024-05-28T13:01:55.803Z

Test: FQ

Question: 5. Traveling alone or by bus

Answer: 2 - slightly avoid it

Score: 2

Time: 1.467s

Question Start Time: 2024-05-28T13:01:55.803Z

Answer Time: 2024-05-28T13:01:57.270Z

Test: FQ

Question: 6. Walking alone in busy streets

Answer: 1

Score: 1

Time: 1.466s

Question Start Time: 2024-05-28T13:01:57.270Z

Answer Time: 2024-05-28T13:01:58.736Z

Test: FQ

Question: 7. Being watched or stared at

Answer: 0 - would not avoid it

Score: 0

Time: 1.445s

Question Start Time: 2024-05-28T13:01:58.736Z

Answer Time: 2024-05-28T13:02:00.181Z

Test: FQ

Question: 8. Going into crowded shops

Answer: 5

Score: 5

Time: 1.334s

Question Start Time: 2024-05-28T13:02:00.181Z

Answer Time: 2024-05-28T13:02:01.515Z

Test: FQ

Question: 9. Talking to people in authority

Answer: 6 - markedly avoid it

Score: 6

Time: 1.353s

Question Start Time: 2024-05-28T13:02:01.515Z

Answer Time: 2024-05-28T13:02:02.868Z

Test: FQ

Question: 10. Sight of blood

Answer: 5

Score: 5

Time: 1.213s

Question Start Time: 2024-05-28T13:02:02.868Z

Answer Time: 2024-05-28T13:02:04.081Z

Test: FQ

Question: 11. Being criticized

Answer: 4 - definitely avoid it

Score: 4

Time: 1.777s

Question Start Time: 2024-05-28T13:02:04.081Z

Answer Time: 2024-05-28T13:02:05.858Z

Test: FQ

Question: 12. Going alone far from home

Answer: 3

Score: 3

Time: 2.012s

Question Start Time: 2024-05-28T13:02:05.858Z

Answer Time: 2024-05-28T13:02:07.870Z

Test: FQ

Question: 13. Thought of injury or illness

Answer: 3

Score: 3

Time: 1.948s

Question Start Time: 2024-05-28T13:02:07.870Z

Answer Time: 2024-05-28T13:02:09.818Z

Test: FQ

Question: 14. Speaking or acting to an audience

Answer: 8 - always avoid it

Score: 8

Time: 1.637s

Question Start Time: 2024-05-28T13:02:09.818Z

Answer Time: 2024-05-28T13:02:11.455Z

Test: FQ

Question: 15. Large open spaces

Answer: 7

Score: 7

Time: 1.209s

Question Start Time: 2024-05-28T13:02:11.455Z

Answer Time: 2024-05-28T13:02:12.665Z

Test: FQ

Question: 16. Going to the dentist

Answer: 6 - markedly avoid it

Score: 6

Time: 1.177s

Question Start Time: 2024-05-28T13:02:12.665Z

Answer Time: 2024-05-28T13:02:13.842Z

Test: FQ

Question: 17. Other situations (i don't have anything else to share)

Answer: 5

Score: 5

Time: 1.694s

Question Start Time: 2024-05-28T13:02:13.842Z

Answer Time: 2024-05-28T13:02:15.536Z

Test: FQ

Question: 18. How would you rate the present state of your phobic symptoms on

Answer: 4 - definitely disturbing/disabling

Score: 4

Time: 1.232s

Question Start Time: 2024-05-28T13:02:15.536Z

Answer Time: 2024-05-28T13:02:16.768Z

Test: FQ

Question: 19. Feeling miserable or depressed

Answer: 3

Score: 3

Time: 1.396s

Question Start Time: 2024-05-28T13:02:16.768Z

Answer Time: 2024-05-28T13:02:18.164Z

Test: FQ

Question: 20. Feeling irritable or angry

Answer: 2 - slightly troublesome

Score: 2

Time: 1.384s

Question Start Time: 2024-05-28T13:02:18.164Z

Answer Time: 2024-05-28T13:02:19.548Z

Test: FQ

Question: 21. Feeling tense or panicky

Answer: 1

Score: 1

Time: 1.5s

Question Start Time: 2024-05-28T13:02:19.548Z

Answer Time: 2024-05-28T13:02:21.048Z

Test: FQ

Question: 22. Upsetting thoughts coming into your head

Answer: 1

Score: 1

Time: 1.301s

Question Start Time: 2024-05-28T13:02:21.048Z

Answer Time: 2024-05-28T13:02:22.349Z

Test: FQ

Question: 23. Feeling you or your surroundings are strange or unreal

Answer: 4 - definitely troublesome

Score: 4

Time: 1.266s

Question Start Time: 2024-05-28T13:02:22.349Z

Answer Time: 2024-05-28T13:02:23.615Z

Test: FQ

Question: 24. Other feelings (nothing)

Answer: 5

Score: 5

Time: 1.756s

Question Start Time: 2024-05-28T13:02:23.615Z

Answer Time: 2024-05-28T13:02:25.371Z