Albany Panic and Phobia Questionnaire (APPQ) – Scoring Instructions

To score the APPQ, simply total the responses for each subscale:

S – social phobia subscale
A – agoraphobia subscale
P – panic disorder subscale

Fear Scale

<table>
<thead>
<tr>
<th>No fear</th>
<th>Slight fear</th>
<th>Moderate fear</th>
<th>Marked fear</th>
<th>Extreme fear</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

### Scoring Instructions

1. Talking to people  
2. Going through a car wash  
3. Playing vigorous sport on a hot day  
4. Blowing up an airbed quickly  
5. Eating in front of others  
6. Hiking on a hot day  
7. Getting gas at a dentist  
8. Interrupting a meeting  
9. Giving a speech  
10. Exercising vigorously alone  
11. Going long distance from home alone  
12. Introducing yourself to groups  
13. Walking alone in isolated areas  
14. Driving on highways  
15. Earing striking clothes  
16. Possibility of getting lost  
17. Drinking a strong cup of coffee  
18. Sitting in the centre of a cinema  
19. Running up stairs  
20. Riding on subway  
21. Speaking on the telephone  
22. Meeting strangers  
23. Writing in front of others  
24. Entering a room full of people  
25. Staying overnight away from home  
26. Feeling the effects of alcohol  
27. Going over a long, low bridge

The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment.