

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

No fear ----- Slight fear ----- Moderate fear ----- Marked fear ----- Extreme fear
0 1 2 3 4 5 6 7 8

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