

Mobility Inventory for Agoraphobia (MIA)

Name: _____ Date: _____

Part I

Please rate how much you avoid the following situations or places on a scale of 1 to 5, where:

1 = Never avoid

2 = Rarely avoid

3 = About half the time

4 = Usually avoid

5 = Always avoid

When accompanied

Score	
	1. Going to a crowded shopping mall
	2. Riding a bus or train
	3. Going to a movie theater
	4. Going to a restaurant
	5. Going to a party or social gathering
	6. Going to a large public event (e.g., parade, concert)
	7. Going to a doctor's office or hospital
	8. Going to a high place (e.g., a tall building, a bridge)
	9. Going to a place where there is no easy escape (e.g., a tunnel, an elevator)
	10. Staying home alone

When alone

Score	
	11. Going to a crowded shopping mall
	12. Riding a bus or train

	13. Going to a movie theater
	14. Going to a restaurant
	15. Going to a party or social gathering
	16. Going to a large public event (e.g., parade, concert)
	17. Going to a doctor's office or hospital
	18. Going to a high place (e.g., a tall building, a bridge)
	19. Going to a place where there is no easy escape (e.g., a tunnel, an elevator)
	20. Staying home alone

Part II

Please provide the following additional information about your agoraphobic avoidance:

1. What are the specific situations or places that you avoid the most?

2. How long have you been avoiding these situations or places?

3. How has your agoraphobic avoidance affected your life?