

Panic and Agoraphobia Scale

Name: _____ Date: _____

Rate the past week.

A. Panic attack

A1. Frequency

- 0 - No panic attack in the past week
- 1 - 1 panic attack in the past week
- 2 - 2-3 panic attacks in the past week
- 3 - 4-6 panic attacks in the past week
- 4 - 1 or more attacks daily

A2. Severity

- 0 - No panic attacks
- 1 - Attacks were usually very mild
- 2 - Attacks were usually moderate
- 3 - Attacks were usually severe
- 4 - Attacks were usually extremely severe

A3. Average duration of panic attacks

- 0 - No panic attacks
- 1 - 1 to 10 min
- 2 - Over 10-60 min
- 3 - Over 1-2 h
- 4 - Over 2 h or more

U. Were most of the attacks expected (occurring in feared situations) or unexpected (spontaneous)?*

- 1 - Mostly unexpected
- 2 - More unexpected than expected
- 3 - Some unexpected, some expected
- 4 - More expected than unexpected
- 5 - Mostly expected

**This item is not used for the computation of the total score*

B. Agoraphobia, avoidance behavior

B1. Avoidance behavior

- 0 - No avoidance (or no agoraphobia)
- 1 - Infrequent avoidance of feared situations
- 2 - Occasional avoidance of feared situations
- 3 - Frequent avoidance of feared situations
- 4 - Very frequent avoidance of feared situations

B2. Number of feared situations

How many situations are avoided or induce panic attacks or discomfort?

- 0 - None (or no agoraphobia)
- 1 - 1 situation
- 2 - 2-3 situations
- 3 - 4-8 situations
- 4 - Occurred in very many different situations

B3. Importance of avoided situations

How important are the avoided situations?

- 0 - Unimportant (or no agoraphobia)
- 1 - Not very important
- 2 - Moderately important
- 3 - Very important
- 4 - Extremely important

C. Anticipatory anxiety

C1. Frequency

- 0 - No fear or having a panic attack
- 1 - Infrequent fear of having a panic attack
- 2 - Sometimes fear of having a panic attack
- 3 - Frequent fear of having a panic attack
- 4 - Fear of having a panic attack all the time

C2. How strong was this “fear of fear”?

☐ 0 - No 1 - Mild 2 - Moderate 3 - Marked 4 - Extreme

D. Disability				
D1. Disability in family relationships (partnership, children, etc.)				
<input type="checkbox"/> 0 - No	1 - Mild	2 - Moderate	3 - Marked	4 - Extreme
D2. Disability in social relationships and leisure time (social events like cinema, etc.)				
<input type="checkbox"/> 0 - No	1 - Mild	2 - Moderate	3 - Marked	4 - Extreme
D3. Disability in employment (or housework)				
<input type="checkbox"/> 0 - No	1 - Mild	2 - Moderate	3 - Marked	4 - Extreme
E. Worries about health				
E1. Worries about health damage Patient was worried about suffering bodily damage due to the disorder.		E2. Assumption of organic disease Patient thought that his anxiety symptoms are due to a somatic and not to a psychological disorder.		
<input type="checkbox"/> 0 - Not true <input type="checkbox"/> 1 - Hardly true <input type="checkbox"/> 2 - Partly true <input type="checkbox"/> 3 - Mostly true <input type="checkbox"/> 4 - Definitely true		<input type="checkbox"/> 0 - Not true, psychological disorder <input type="checkbox"/> 1 - Hardly true <input type="checkbox"/> 2 - Partly true <input type="checkbox"/> 3 - Mostly true <input type="checkbox"/> 4 - Definitely true, somatic disorder		
Total score (Add items except U):				

Scoring

The Panic and Agoraphobia Scale has 13 items with a 5-point scale (0-4). The total score is obtained by adding all item scores. An additional item (U) on whether the attacks were expected or unexpected is not used for the computation of the total score.

The scale is grouped into five subscores:

- A = Panic attacks
- B= Phobic avoidance
- C= Anticipatory anxiety
- D = Disability
- E = Worries about health

To obtain a subscore, the item scores of the subscale are added and divided by the number of items.