

# Thalassophobia Test

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Date: Oct. 26, 2024

**Instructions:** Read each statement below and decide how much it applies to you. Select the number on the scale that best reflects how much you agree with each statement.

**Scale:** 0 = Not at all    1 = A little bit    2 = Moderately    3 = Quite a bit    4 = Extremely

Statements	0	1	2	3	4
1. The thought of being in the deep ocean makes me feel anxious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2. Even thinking about the sea or deep water makes my heart race.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
3. I avoid swimming or going on boats because of my fear of the ocean.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Watching movies or videos that take place in the ocean makes me feel uneasy.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I worry about being attacked by sea creatures when near the ocean.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
6. The idea of not being able to see the bottom of the ocean scares me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
7. I get nervous or scared when I see large bodies of water, like lakes or oceans.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
8. My fear of the ocean affects my daily life and activities.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I have experienced panic attacks or extreme anxiety when near the ocean.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I avoid traveling to locations near the ocean because of my fear.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Total score:</b>	20				

Once you have answered all the questions and added up your scores, the results can be interpreted as follows:

Score	Interpretation
0-10	Indicates that an individual has little or no fear of the ocean. This is considered to be a mild or no thalassophobia score.
11-20	Suggests an individual has a moderate fear of the ocean. This may cause anxiety or avoidance behavior concerning bodies of water, but it is not severe enough to interfere significantly with daily life.
21-30	Suggests an individual has a severe fear of the ocean. This level of fear can be debilitating, causing significant anxiety and avoidance behavior related to bodies of water. It may also interfere with daily life, affecting work, relationships, and other vital areas of functioning.
31-40	Indicates an extreme fear of the ocean. This level of anxiety is typically associated with significant distress, impairment, and interference with daily life.

**Disclaimer: This Thalassophobia Test is NOT a diagnostic tool, and a high score does not necessarily mean you have thalassophobia. Please consult a qualified mental health professional for help.**