Patient ID code:	Date:	Session no:	Therapist ID:
i aticiti ib coac.	Dutc.	ocosion no.	Therapist ib.

Pŀ	IQ 9								
Over the last 2 weeks, how often have you been bothered by any of the following problems?									
		Not at all	Several days	More than half the days	Nearly every day				
1.	Little interest or pleasure in doing things	0	1	2	3				
2.	Feeling down, depressed or hopeless	0	1	2	3				
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3				
4.	Feeling tired or having little energy	0	1	2	3				
5.	Poor appetite or overeating	0	1	2	3				
6.	Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3				
7.	Trouble concentrating on things e.g. reading the newspaper or watching TV	0	1	2	3				
8.	Moving or speaking so slowly that other people could have noticed. Or the opposite, being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3				
9.	Thoughts that you would be better off dead or hurting yourself in some way	0	1	2	3				
			Total PHQ score:						

-	you have answered 'several days' or more (scored 1 - 3) to the pre-	revi	ous	qu	esti	on,	plea	se a	lso	ans	swe	r
1.	Do you ever feel so bad that you think about harming or killing yours	self?)					Yes			N	o
2.	Do you ever feel that life is not worth living?							Yes			N	o
3.	Have you made any plans to end your life?							Yes			N	o
4.	Do you know how you would kill yourself?							Yes			N	o
5.	Have you made actual preparations to kill yourself?							Yes			N	o
6.	Have you ever attempted to kill yourself in the past?							Yes			N	o
7.	How likely is it that you would act upon such thoughts and plans? (0 = Not at all likely; 10 = Extremely likely)	0	1	2	3	4	5	6	7	8	9	10
8.	What is preventing you from killing or harming yourself at the mome	nt?										

Over the last 2 weeks, how often have you been bothered by any of the following problems?										
	Not at all	Several days	More than half the days	Nearly every day						
1. Feeling nervous, anxious or on edge	0	1	2	3						
2. Not being able to stop or control worrying	0	1	2	3						
3. Worrying too much about different things	0	1	2	3						
4. Trouble relaxing	0	1	2	3						
5. Being so restless that it is hard to sit still	0	1	2	3						
6. Becoming easily annoyed or irritable	0	1	2	3						
7. Feeling afraid as if something awful might happen	0	1	2	3						
		Total GAD score:								

Medication Are you currently taking any medication / dosage? Yes No Are you satisfied with your medication / dosage? Yes No Employment									
Employment Please indicate which of the following options best describes your current status: Employed full-time									
Employment Please indicate which of the following options best describes your current status: Employed full-time	Are you currently taking any medicine for mental health problems (e.g. antidepressants?) ☐ Yes ☐ No								
Please indicate which of the following options best describes your current status: Employed full-time	Are you sa	atisfied with you	r medication /	dosage?	☐ Yes ☐ No)			
Please indicate which of the following options best describes your current status: Employed full-time									
□ Employed full-time □ Unemployed (seeking work) □ Student part-time □ Employed part-time □ Unemployed □ Benefits □ Volunteer □ Steff employed □ Student full-time on and 8 to describe how much you would avoid fine full-time f	Employm	ent							
□ Employed part-time □ Unemployed □ Homemaker □ Volunteer □ Self employed □ Benefits □ Volunteer □ Student full-time Are you currently receiving Statutory Sick-Pay? □ Yes □ No □ Don't know Are you suitable for or do you feel you would benefit from receiving employment support? □ Yes □ No Work and Social Adjustment Please look at the questions below and give a number between 0 and 8 to describe how much your problems affect you in each area. 0 means "Not at all affected" and 8 means "Very severely affected". 1. Work (if you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A □ 0 1 2 3 4 5 6 7 8 2. Home management (cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc.) 0 1 2 3 4 5 6 7 8 3. Social leisure activities (done with other people e.g. parties, visits to the pub, entertaining etc.) 0 1 2 3 4 5 6 7 8 4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear fear pericular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying)	Please inc	licate which of t	he following op	otions best	describes you	r current stati	us:		
□ Self employed □ Benefits □ Volunteer □ Retired □ Student full-time Are you currently receiving Statutory Sick-Pay? □ Yes □ No □ Don't know Are you suitable for or do you feel you would benefit from receiving employment support? □ Yes □ No Work and Social Adjustment	☐ Employ	ed full-time	I	☐ Unemplo	oyed (seeking	work)	☐ Student	part-time	
Retired	☐ Employ	ed part-time	Ī	☐ Unemplo	oyed		☐ Homem	aker	
Are you currently receiving Statutory Sick-Pay?	□ Self en	nployed	I	☐ Benefits			□ Volunte	er	
Are you suitable for or do you feel you would benefit from receiving employment support? Work and Social Adjustment Please look at the questions below and give a number between 0 and 8 to describe how much your problems affect you in each area. 0 means "Not at all affected" and 8 means "Very severely affected". 1. Work (if you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A 0	□ Retired	I	[□ Student	full-time				
Work and Social Adjustment Please look at the questions below and give a number between 0 and 8 to describe how much your problems affect you in each area. 0 means "Not at all affected" and 8 means "Very severely affected". 1. Work (if you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A □ 0 1 2 3 4 5 6 7 8 2. Home management (cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc.) 0 1 2 3 4 5 6 7 8 3. Social leisure activities (done with other people e.g. parties, visits to the pub, entertaining etc.) 0 1 2 3 4 5 6 7 8 4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	Are you cu	rrently receivin	g Statutory Sic	:k-Pay? □	Yes □ No !	□ Don't knov	V		
Please look at the questions below and give a number between 0 and 8 to describe how much your problems affect you in each area. 0 means "Not at all affected" and 8 means "Very severely affected". 1. Work (if you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A □ 0 1 2 3 4 5 6 7 8 2. Home management (cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc.) 0 1 2 3 4 5 6 7 8 3. Social leisure activities (done with other people e.g. parties, visits to the pub, entertaining etc.) 0 1 2 3 4 5 6 7 8 4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	Are you su	uitable for or do	you feel you w	ould benef	it from receivii	ng employme	nt support?	☐ Yes ☐ No	0
Please look at the questions below and give a number between 0 and 8 to describe how much your problems affect you in each area. 0 means "Not at all affected" and 8 means "Very severely affected". 1. Work (if you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A □ 0 1 2 3 4 5 6 7 8 2. Home management (cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc.) 0 1 2 3 4 5 6 7 8 3. Social leisure activities (done with other people e.g. parties, visits to the pub, entertaining etc.) 0 1 2 3 4 5 6 7 8 4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8									
Please look at the questions below and give a number between 0 and 8 to describe how much your problems affect you in each area. 0 means "Not at all affected" and 8 means "Very severely affected". 1. Work (if you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A □ 0 1 2 3 4 5 6 7 8 2. Home management (cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc.) 0 1 2 3 4 5 6 7 8 3. Social leisure activities (done with other people e.g. parties, visits to the pub, entertaining etc.) 0 1 2 3 4 5 6 7 8 4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	Work and	Social Adjusti	ment						
you in each area. 0 means "Not at all affected" and 8 means "Very severely affected". 1. Work (if you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A 0 1 2 3 4 5 6 7 8 2. Home management (cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc.) 0 1 2 3 4 5 6 7 8 3. Social leisure activities (done with other people e.g. parties, visits to the pub, entertaining etc.) 0 1 2 3 4 5 6 7 8 4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8		•		give a num	ber between (and 8 to des	scribe how m	nuch vour prob	lems affect
0 1 2 3 4 5 6 7 8 2. Home management (cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc.) 0 1 2 3 4 5 6 7 8 3. Social leisure activities (done with other people e.g. parties, visits to the pub, entertaining etc.) 0 1 2 3 4 5 6 7 8 4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8								idon your prob	iomo anoce
2. Home management (cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc.) 0 1 2 3 4 5 6 7 8 3. Social leisure activities (done with other people e.g. parties, visits to the pub, entertaining etc.) 0 1 2 3 4 5 6 7 8 4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	1. Work	(if you are retire	d or choose n	ot to have a	a job for reaso	ns unrelated	to your prob	lem, please tic	k N/A □
3. Social leisure activities (done with other people e.g. parties, visits to the pub, entertaining etc.) 0 1 2 3 4 5 6 7 8 4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	0	1	2	3	4	5	6	7	8
3. Social leisure activities (done with other people e.g. parties, visits to the pub, entertaining etc.) 0 1 2 3 4 5 6 7 8 4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	2. Home	management	(cleaning, tidyi	ng, shoppir	ng, cooking, lo	oking after ho	ome/children	, paying bills e	etc.)
4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	0	1	2	3	4	5	6	7	8
4. Private leisure activities (done alone, e.g. reading, gardening, sewing, hobbies, going for walks etc.) 0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	3. Social	leisure activiti	es (done with	other peopl	e e.g. parties,	visits to the p	oub, entertai	ning etc.)	
0 1 2 3 4 5 6 7 8 5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8		1			·		_	•	
5. Family and relationships (forming and maintaining close relationships with others including the people you live with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8		leisure activiti		=		_			
with) 0 1 2 3 4 5 6 7 8 Total W&SA Score: Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8		1	-	•	•	•	•	•	_
Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	_	and relationsh	ips (forming a	nd maintair	ling close rela	tionships with	others inclu	iding the peop	le you live
Phobias Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	0	1	2	3	4	5	6	7	8
Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8						•	Total W	&SA Score:	
Please choose a number from the scale below to show how much you would avoid the kinds of situations described for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8									
for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	Phobias								
for the reasons given). 0 means "Would not avoid" and 8 means "Would always avoid". 1. Social situations because I fear being embarrassed or making a fool of myself 0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8		oose a number	from the scale	below to s	how how muc	n vou would a	avoid the kin	ds of situations	s described
0 1 2 3 4 5 6 7 8 2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8									
2. Certain situations because I fear having a panic attack (e.g. loss of bladder control, vomiting or dizziness) 0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	_	situations beca		•					_
0 1 2 3 4 5 6 7 8 3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	~	1		~	•	~	~	•	~
3. Certain situations because I fear particular objects or activities (e.g. animals, heights, seeing blood, confined spaces, driving or flying) 0 1 2 3 4 5 6 7 8	_	1		avilly a par	4			7	,
0 1 2 3 4 5 6 7 8				articular ol	ojects or activ	/ities (e.g. ar	nimals, heigh	its, seeing bloo	od,
				3	1	5	6	7	Ω
	U	•	2	3	7	<u>.</u>			J