

SITUATION FEAR/ANXIETY SCHEDULE



The following questionnaire will help you remember and rate your fears. For each item, check (✓) the box that best describes the degree to which you are disturbed by the situation.

	NOT AT ALL	A LITTLE	A FAIR AMOUNT	MUCH	VERY MUCH
Noise of vacuum cleaners	[]	[]	[]	[]	[]
Open wounds	[]	[]	[]	[]	[]
Being alone	[]	[]	[]	[]	[]
Being in a strange place	[]	[]	[]	[]	[]
Loud voices	[]	[]	[]	[]	[]
Dead people	[]	[]	[]	[]	[]
Speaking in public	[]	[]	[]	[]	[]
Crossing streets	[]	[]	[]	[]	[]
People who seem insane	[]	[]	[]	[]	[]
Falling	[]	[]	[]	[]	[]
Cars	[]	[]	[]	[]	[]
Being teased	[]	[]	[]	[]	[]
Dentists	[]	[]	[]	[]	[]
Thunder	[]	[]	[]	[]	[]
Sirens	[]	[]	[]	[]	[]
Failure	[]	[]	[]	[]	[]
Entering a room where other people are already seated	[]	[]	[]	[]	[]
High places on land	[]	[]	[]	[]	[]
Looking down from high buildings	[]	[]	[]	[]	[]

	NOT AT ALL	A LITTLE	A FAIR AMOUNT	MUCH	VERY MUCH
Worms	[]	[]	[]	[]	[]
Imaginary creatures	[]	[]	[]	[]	[]
Strangers	[]	[]	[]	[]	[]
Receiving injections	[]	[]	[]	[]	[]
Bats	[]	[]	[]	[]	[]
Journeys by train	[]	[]	[]	[]	[]
Journeys by bus	[]	[]	[]	[]	[]
Journeys by car	[]	[]	[]	[]	[]
Feeling angry	[]	[]	[]	[]	[]
People in authority	[]	[]	[]	[]	[]
Flying insects	[]	[]	[]	[]	[]
Seeing other people injected	[]	[]	[]	[]	[]
Sudden noises	[]	[]	[]	[]	[]
Bad weather	[]	[]	[]	[]	[]
Crowds	[]	[]	[]	[]	[]
Large open spaces	[]	[]	[]	[]	[]
Cats	[]	[]	[]	[]	[]
One person bullying another	[]	[]	[]	[]	[]
Tough-looking people	[]	[]	[]	[]	[]
Birds	[]	[]	[]	[]	[]
Sight of deep water	[]	[]	[]	[]	[]
Being watched working	[]	[]	[]	[]	[]
Dead animals	[]	[]	[]	[]	[]
Weapons	[]	[]	[]	[]	[]
Dirt	[]	[]	[]	[]	[]

	NOT AT ALL	A LITTLE	A FAIR AMOUNT	MUCH	VERY MUCH
Crawling insects	[]	[]	[]	[]	[]
Sight of fighting	[]	[]	[]	[]	[]
Ugly people	[]	[]	[]	[]	[]
Fire	[]	[]	[]	[]	[]
Sick people	[]	[]	[]	[]	[]
Dogs	[]	[]	[]	[]	[]
Being criticized	[]	[]	[]	[]	[]
Strange shapes	[]	[]	[]	[]	[]
Being in an elevator	[]	[]	[]	[]	[]
Witnessing surgical operations	[]	[]	[]	[]	[]
Angry people	[]	[]	[]	[]	[]
Mice	[]	[]	[]	[]	[]
Human blood	[]	[]	[]	[]	[]
Animal blood	[]	[]	[]	[]	[]
Parting from friends	[]	[]	[]	[]	[]
Enclosed places	[]	[]	[]	[]	[]
Prospect of a surgical operation	[]	[]	[]	[]	[]
Feeling rejected by others	[]	[]	[]	[]	[]
Airplanes	[]	[]	[]	[]	[]
Medical odors	[]	[]	[]	[]	[]
Feeling disapproved of	[]	[]	[]	[]	[]
Harmless snakes	[]	[]	[]	[]	[]
Cemeteries	[]	[]	[]	[]	[]
Being ignored	[]	[]	[]	[]	[]
Darkness	[]	[]	[]	[]	[]
Irregular heartbeat (missing a beat)	[]	[]	[]	[]	[]

Nude men	[]	[]	[]	[]	[]
Nude women	[]	[]	[]	[]	[]
Fighting	[]	[]	[]	[]	[]
Doctors	[]	[]	[]	[]	[]
People with deformities	[]	[]	[]	[]	[]
Making mistakes	[]	[]	[]	[]	[]
Looking foolish	[]	[]	[]	[]	[]
Losing control	[]	[]	[]	[]	[]
Fainting	[]	[]	[]	[]	[]
Becoming nauseous	[]	[]	[]	[]	[]
Spiders	[]	[]	[]	[]	[]
Being in charge or responsible for decisions	[]	[]	[]	[]	[]
Sight of knives or sharp objectives	[]	[]	[]	[]	[]
Becoming mentally ill	[]	[]	[]	[]	[]
Being with a member of the opposite sex	[]	[]	[]	[]	[]
Taking written tests	[]	[]	[]	[]	[]
Being touched by others	[]	[]	[]	[]	[]
Feeling different from others	[]	[]	[]	[]	[]
A lull in conversation	[]	[]	[]	[]	[]
Other:	[]	[]	[]	[]	[]
	[]	[]	[]	[]	[]
	[]	[]	[]	[]	[]
	[]	[]	[]	[]	[]
	[]	[]	[]	[]	[]

EXAMPLE THREAT–FEAR HIERARCHY



Example: Fear of Flying

ITEM NO.	SCENARIO	SUS (SUBJECTIVE UNITS OF STRESS) SCORE
1	Watching a film about the air force	5
2	Attending an air display	10
3	Hearing the sound of an airplane flying overhead	15
4	Low-flying aircraft	20
5	Reading about air disasters	25
6	Watching a film containing scenes of planes crashing	30
7	Looking at magazines relevant to flight destinations	35
8	Looking through flight timetables	40
9	Talking about arrangements for flights	45
10	Booking tickets for flights	50
11	Packing bags before leaving for airport	55
12	Leaving house to drive to airport	60
13	Arriving at the airport	65
14	Checking into the departure lounge	70
15	Sitting in the departure lounge waiting to board the airplane	75
16	Walking towards the entrance to the plane	80
17	Walking down the aisle inside the airplane	85
18	Checking on safety belt in the airplane	90
19	The moment just before landing when in the airplane	95
20	The moment of take-off when in the airplane	100

THREAT-FEAR HIERARCHY



Situation:

ITEM NO.	SCENARIO	SUS (SUBJECTIVE UNITS OF STRESS) SCORE
Least threat		Least fear
1		5
2		10
3		15
4		20
5		25
6		30
7		35
8		40
9		45
10		50
11		55
12		60
13		65
14		70
15		75
16		80
17		85
18		90
19		95
20		100
Least threat		Least fear