



2. How severe were the panic attacks in the last week?

- no panic attacks
- attacks were usually mild
- attacks were usually moderate
- attacks were usually severe
- attacks were usually extremely severe

3. How long did the panic attacks last?

- no panic attacks
- 1 to 10 minutes
- 10 to 60 minutes
- 1 to 2 hours
- over 2 hours

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

- mostly unexpected (or no panic attacks)
- more unexpected than expected
- some unexpected, some expected
- more expected than unexpected
- mostly expected

5. In the past week, did you avoid certain situations because you feared having a panic attack or a feeling of discomfort?

- no avoidance (or my attacks don't occur in specific situations)
- infrequent avoidance of feared situations
- occasional avoidance of feared situations
- frequent avoidance of feared situations
- very frequent avoidance of feared situations

6. Please check the situation(s) you avoided or in which you developed panic attacks or a feeling of discomfort when you are not accompanied:

- Airplanes
- Subways (underground)
- Buses, trains
- Ships
- Theaters, cinemas
- Supermarkets
- Standing in lines (queues)
- Auditoriums, stadiums
- Parties, social gatherings

- Crowds
- Restaurants
- Museums
- Elevators (lifts)
- Enclosed spaces (tunnels)
- Classrooms, lecture halls
- Driving or riding in a car
- Large rooms (lobbies)
- Walking on the street
- Fluids, wide streets, courtyards
- High places
- Crossing bridges
- Traveling away from home
- Staying home alone
- Other

7. How important were the avoided situations?

- unimportant (or no agoraphobia)
- not very important
- moderately important
- very important
- extremely important

8. In the past week, did you suffer from the fear of having a panic attack (anticipatory anxiety or “fear of being afraid?”)

- no anticipatory anxiety
- infrequent fear of having a panic attack
- sometimes fear having a panic attack
- frequent fear of having a panic attack
- fear having a panic attack all the time

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

- none
- mild
- moderate
- marked
- extreme

10. In the past week, did panic attacks or agoraphobia lead to an impairment in your family relationships (partner, children, etc.)?

- no impairment
- mild impairment
- moderate impairment
- marked impairment
- extreme impairment

11. In the past week, did panic attacks or agoraphobia lead to an impairment of your social life and leisure activities (for example, you weren't able to go a film or party)?

- no impairment
- mild impairment
- moderate impairment
- marked impairment
- extreme impairment

12. In the past week, did panic attacks or agoraphobia lead to an impairment of your work or household responsibilities?

- no impairment
- mild impairment
- moderate impairment
- marked impairment
- extreme impairment

13. In the past week, did you worry about suffering harm from your panic attacks (for example, having a heart attack or fainting)?

- not true
- hardly true
- partly true
- mostly true
- definitely true

14. Do you sometimes believe that your doctor was wrong when he told you your symptoms (like rapid heart rate, tingling sensations, or shortness of breath) have a psychological cause? Do you believe the actual cause of these symptoms is an undiscovered physical problem?

- not true (rather psychic disease)
- hardly true
- partly true
- mostly true
- definitely true (rather organic disease)



NOTES: