

- Pre-treatment
- Follow-Up
- Discharge

Children's FEAR SURVEY SCHEDULE

By

Joseph Wolpe and
Peter J. Lang

Name: _____

Occupation: _____ Age: _____ Sex: _____

Address: _____

The items in this questionnaire refer to things and experiences that may cause fear or other, related unpleasant feelings. Read each item and decide how much you are disturbed by it. Then mark your booklet according to the following scale:

- 0 = Not at all
- 1 = A little
- 2 = A fair amount
- 3 = Much
- 4 = Very Much

If going boating generally leads to feel no fear, circle "0 = not at all." If you would feel a little fear, circle "1 = a little." If you feel more afraid mark a higher number—"2 = a fair amount," "3 = much," or "4 = very much," depending on your response to the item. Remember to circle only one of the spaces after each. Answer all the items. Please work rapidly and do not spend too much time on any one statement.

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- 1. Noise of vacuum cleaner.....0 1 2 3 4
- 2. Open wounds0 1 2 3 4
- 3. Being alone.....0 1 2 3 4
- 4. Loud voices.....0 1 2 3 4
- 5. Dead People.....0 1 2 3 4
- 6. Speaking in public..... 0 1 2 3 4
- 7. Crossing streets.....0 1 2 3 4
- 8. People who seem insane0 1 2 3 4
- 9. Being in a strange place0 1 2 3 4
- 10. Falling0 1 2 3 4
- 11. Automobiles0 1 2 3 4
- 12. Being teased0 1 2 3 4
- 13. Dentists0 1 2 3 4
- 14. Thunder0 1 2 3 4
- 15. Sirens.....0 1 2 3 4
- 16. Failure0 1 2 3 4
- 17. Entering a room where other people are already seated0 1 2 3 4
- 18. High places on land0 1 2 3 4
- 19. Looking down from high buildings0 1 2 3 4
- 20. Worms0 1 2 3 4
- 21. Imaginary creatures0 1 2 3 4
- 22. Receiving injections0 1 2 3 4
- 23. Strangers.....0 1 2 3 4
- 24. Bats..... 0 1 2 3 4
- 25. Journeys by train0 1 2 3 4
- 26. Feeling angry..... 0 1 2 3 4
- 27. People in authority..... 0 1 2 3 4
- 28. Flying insects0 1 2 3 4
- 29. Seeing other people injected0 1 2 3 4
- 30. Sudden noises0 1 2 3 4
- 31. Journeys by car0 1 2 3 4
- 32. Dull weather0 1 2 3 4
- 33. Crowds0 1 2 3 4
- 34. Cats..... 0 1 2 3 4
- 35. One person bullying another..... 0 1 2 3 4
- 36. Tough looking people..... 0 1 2 3 4
- 37. Birds.....0 1 2 3 4
- 38. Sight of deep water..... 0 1 2 3 4
- 39. Being watched working0 1 2 3 4
- 40. Dead animals..... 0 1 2 3 4
- 41. Weapons..... 0 1 2 3 4
- 42. Dirt..... 0 1 2 3 4
- 43. Journeys by bus..... 0 1 2 3 4
- 44. Crawling insects..... 0 1 2 3 4
- 45. Seeing a fight0 1 2 3 4
- 46. Ugly people..... 0 1 2 3 4
- 47. Fire..... 0 1 2 3 4
- 48. Sick people..... 0 1 2 3 4
- 49. Being criticized..... 0 1 2 3 4
- 50. Strange shapes.....0 1 2 3 4
- 51. Being touched by others.....0 1 2 3 4
- 52. Being in an elevator.....0 1 2 3 4
- 53. Witnessing surgical operations..... 0 1 2 3 4

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- 54. Angry people..... 0 1 2 3 4
 - 55. Mice.....0 1 2 3 4
 - 56. Human blood.....0 1 2 3 4
 - 57. Animal blood.....0 1 2 3 4
 - 58. Parting from friends..... 0 1 2 3 4
 - 59. Enclosed places..... 0 1 2 3 4
 - 60. Prospects of a surgical operation.....0 1 2 3 4
 - 61. Feeling rejected by others.....0 1 2 3 4
 - 62. Journeys by airplane.....0 1 2 3 4
 - 63. Medical odors.....0 1 2 3 4
 - 64. Feeling disapproved of0 1 2 3 4
 - 65. Harmless snakes.....0 1 2 3 4
 - 66. Cemeteries.....0 1 2 3 4
 - 67. Being ignored0 1 2 3 4
 - 68. Darkness..... 0 1 2 3 4
 - 69. Premature heart beats (missing a beat) 0 1 2 3 4
 - 70. Nude men..... 0 1 2 3 4
 - 71. Nude women..... 0 1 2 3 4
 - 72. Lightning0 1 2 3 4
 - 73. Doctors..... 0 1 2 3 4
 - 74. Crippled or deformed people.....0 1 2 3 4
 - 75. Making mistakes.....0 1 2 3 4
 - 76. Looking foolish.....0 1 2 3 4
 - 77. Losing control of yourself0 1 2 3 4
 - 78. Fainting..... 0 1 2 3 4
 - 79. Becoming nauseous.....0 1 2 3 4
 - 80. Harmless spiders..... 0 1 2 3 4
 - 81. Being responsible..... 0 1 2 3 4
 - 82. Knives or sharp objects..... 0 1 2 3 4
 - 83. Thoughts of being mentally ill0 1 2 3 4
 - 84. Taking written tests0 1 2 3 4
 - 85. Being with a member of the opposite sex.....0 1 2 3 4
 - 86. Large open spaces.....0 1 2 3 4
 - 87. Dogs.....0 1 2 3 4
 - 88. Germs..... 0 1 2 3 4
 - 89. Being seen unclothed0 1 2 3 4
 - 90. Taking medicine.....0 1 2 3 4
 - 91. Being punished by God.....0 1 2 3 4
 - 92. Being dressed unsuitably (wearing wrong clothes for the occasion).....0 1 2 3 4
 - 93. Ministers or priests.....0 1 2 3 4
 - 94. Hurting the feelings of others.....0 1 2 3 4
 - 95. Kissing.....0 1 2 3 4
 - 96. Undertakers.....0 1 2 3 4
 - 97. Police..... 0 1 2 3 4
 - 98. Fish.....0 1 2 3 4
 - 99. Leaving home0 1 2 3 4
 - 100. Physical examinations.....0 1 2 3 4
 - 101. Marriage.....0 1 2 3 4
 - 102. Insecticides.....0 1 2 3 4
 - 103. Vomiting0 1 2 3 4
 - 104. Responsibility (being in charge).....0 1 2 3 4
 - 105. Hospitals.....0 1 2 3 4
- _____ + _____ + _____ + _____ = _____

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