

- Pre-Treatment
- Follow-Up
- Discharge

FEAR SURVEY SCHEDULE

By

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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 | 31. Journeys by car | 0 1 2 3 4 |
| 2. Open wounds | 0 1 2 3 4 | 32. Dull weather | 0 1 2 3 4 |
| 3. Being alone..... | 0 1 2 3 4 | 33. Crowds | 0 1 2 3 4 |
| 4. Loud voices..... | 0 1 2 3 4 | 34. Cats..... | 0 1 2 3 4 |
| 5. Dead People..... | 0 1 2 3 4 | 35. One person bullying another..... | 0 1 2 3 4 |
| 6. Speaking in public..... | 0 1 2 3 4 | 36. Tough looking people..... | 0 1 2 3 4 |
| 7. Crossing streets..... | 0 1 2 3 4 | 37. Birds..... | 0 1 2 3 4 |
| 8. People who seem insane | 0 1 2 3 4 | 38. Sight of deep water..... | 0 1 2 3 4 |
| 9. Being in a strange place | 0 1 2 3 4 | 39. Being watched working | 0 1 2 3 4 |
| 10. Falling | 0 1 2 3 4 | 40. Dead animals..... | 0 1 2 3 4 |
| 11. Automobiles | 0 1 2 3 4 | 41. Weapons..... | 0 1 2 3 4 |
| 12. Being teased | 0 1 2 3 4 | 42. Dirt..... | 0 1 2 3 4 |
| 13. Dentists | 0 1 2 3 4 | 43. Journeys by bus..... | 0 1 2 3 4 |
| 14. Thunder | 0 1 2 3 4 | 44. Crawling insects..... | 0 1 2 3 4 |
| 15. Sirens..... | 0 1 2 3 4 | 45. Seeing a fight | 0 1 2 3 4 |
| 16. Failure | 0 1 2 3 4 | 46. Ugly people..... | 0 1 2 3 4 |
| 17. Entering a room where other people are already seated | 0 1 2 3 4 | 47. Fire..... | 0 1 2 3 4 |
| 18. High places on land | 0 1 2 3 4 | 48. Sick people..... | 0 1 2 3 4 |
| 19. Looking down from high buildings | 0 1 2 3 4 | 49. Being criticized..... | 0 1 2 3 4 |
| 20. Worms | 0 1 2 3 4 | 50. Strange shapes..... | 0 1 2 3 4 |
| 21. Imaginary creatures | 0 1 2 3 4 | 51. Being touched by others..... | 0 1 2 3 4 |
| 22. Receiving injections | 0 1 2 3 4 | 52. Being in an elevator..... | 0 1 2 3 4 |
| 23. Strangers..... | 0 1 2 3 4 | 53. Witnessing surgical operations..... | 0 1 2 3 4 |
| 24. Bats..... | 0 1 2 3 4 | 54. Angry people..... | 0 1 2 3 4 |
| 25. Journeys by train | 0 1 2 3 4 | 55. Mice..... | 0 1 2 3 4 |
| 26. Feeling angry..... | 0 1 2 3 4 | 56. Human blood..... | 0 1 2 3 4 |
| 27. People in authority..... | 0 1 2 3 4 | 57. Animal blood..... | 0 1 2 3 4 |
| 28. Flying insects | 0 1 2 3 4 | 58. Parting from friends..... | 0 1 2 3 4 |
| 29. Seeing other people injected | 0 1 2 3 4 | 59. Enclosed places..... | 0 1 2 3 4 |
| 30. Sudden noises | 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. Becoming sexually aroused0 1 2 3 4
- 92. Being punished by God.....0 1 2 3 4
- 93. Ideas of possible homosexuality 0 1 2 3 4
- 94. Being dressed unsuitably (wearing wrong clothes for the occasion).....0 1 2 3 4
- 95. Ministers or priests.....0 1 2 3 4
- 96. Hurting the feelings of others.....0 1 2 3 4
- 97. Kissing.....0 1 2 3 4
- 98. Undertakers.....0 1 2 3 4
- 99. Police..... 0 1 2 3 4
- 100. Fish.....0 1 2 3 4
- 101. Masturbation..... 0 1 2 3 4
- 102. Leaving home0 1 2 3 4
- 103. Physical examinations.....0 1 2 3 4
- 104. Marriage.....0 1 2 3 4
- 105. Insecticides.....0 1 2 3 4
- 106. Vomiting0 1 2 3 4
- 107. Responsibility (being in charge).....0 1 2 3 4
- 108. Hospitals.....0 1 2 3 4

_____ + _____ + _____ + _____ = _____