

Panic and Agoraphobia Scale

Name: _____ Date: _____

Rate the past week.

(A) Panic attack	
(A1) Frequency	
0	No panic attack in the past week
1	1 panic attack in the past week
2	2-3 panic attacks in the past week
3	4-6 panic attacks in the past week
4	1 or more attacks daily
(A2) Severity	
0	No panic attacks
1	Attacks were usually very mild
2	Attacks were usually moderate
3	Attacks were usually severe
4	Attacks were usually extremely severe
(A3) Average duration of panic attacks	
0	No panic attacks
1	1 to 10 min
2	Over 10-60 min
3	Over 1-2 h
4	Over 2 h or more
(U) Were most of the attacks expected (occurring in feared situations) or unexpected (spontaneous)?*	
1	Mostly unexpected
2	More unexpected than expected
3	Some unexpected, some expected
4	More expected than unexpected
5	Mostly expected
<i>*This item is not used for the computation of the total score</i>	

(B) Agoraphobia, avoidance behaviour**(B1) Avoidance behaviour**

0	No avoidance (or no agoraphobia)
1	Infrequent avoidance of feared situations
2	Occasional avoidance of feared situations
3	Frequent avoidance of feared situations
4	Very frequent avoidance of feared situations

(B2) Number of feared situations

How many situations are avoided or induce panic attacks or discomfort?

0	None (or no agoraphobia)
1	1 situation
2	2-3 situations
3	4-8 situations
4	Occurred in very many different situations

(B3) Importance of avoided situations

How important are the avoided situations?

0	Unimportant (or no agoraphobia)
1	Not very important
2	Moderately important
3	Very important
4	Extremely important

(C) Anticipatory anxiety**(C1) Frequency**

0	No fear or having a panic attack
1	Infrequent fear of having a panic attack
2	Sometimes fear of having a panic attack
3	Frequent fear of having a panic attack
4	Fear of having a panic attack all the time

(C2) How strong was this “fear of fear”?

0	No
1	Mild

2	Moderate
3	Marked
4	Extreme

(D) Disability

(D1) Disability in family relationships (partnership, children, etc)

0	No
1	Mild
2	Moderate
3	Marked
4	Extreme

(D2) Disability in social relationships and leisure time (social events like cinema, etc)

0	No
1	Mild
2	Moderate
3	Marked
4	Extreme

(D3) Disability in employment or housework

0	No
1	Mild
2	Moderate
3	Marked
4	Extreme

(E) Worries about health

(E1) Worries about health damage

Patient was worried about suffering bodily damage due to the disorder

0	Not true
1	Hardly true
2	Partly true
3	Mostly true
4	Definitely true

(E2) Assumption of organic disease	
Patient thought that his anxiety symptoms are due to a somatic and not to a psychological disorder	
0	Not true, psychological disorder
1	Hardly true
2	Partly true
3	Mostly true
4	Definitely true, somatic disorder
Total score (Add items except U):	

Scoring

The Panic and Agoraphobia Scale has 13 items with a 5-point scale (0-4). The total score is obtained by adding all item scores. An additional item (U) on whether the attacks were expected or unexpected is not used for the computation of the total score.

The scale is grouped into five subscores:

- A = panic attacks
- B= phobic avoidance
- C= Anticipatory anxiety
- D = Disability
- E = Worries about health

To obtain a subscore, the item scores of the subscale are added and divided by the number of items.

Reference

Bandelow, B. (1995). Assessing the efficacy of treatments for panic disorder and agoraphobia. II. The Panic and Agoraphobia Scale. *International Clinical Psychopharmacology*, 10(2), 73–82.
<https://doi.org/10.1097/00004850-199506000-00003>