APPQ

Albany Panic and Phobia Questionnaire (APPQ)

The Albany Panic and Phobia Questionnaire (APPQ) is a self-report tool designed to measure the intensity of panic symptoms, as well as agoraphobic, social, and interoceptive avoidance in adults. It is particularly useful for differential diagnosis and for assessing the severity of phobias and panic disorders.

Number of questions	27 questions
Estimated duration	10 minutes
Language	English
Original name	Albany Panic and Phobia Questionnaire
Target audience	Adults
Authors	David H. Barlow, Mark B. Brown (1997)
Category	Panic disorder

Preview of the 27 questions

Rate how much fear you would expect to experience if you were to do each activity in the coming week.

Talking to people

0 - No fear | 1 | 2 - Slight fear | 3 | 4 - Moderate fear | 5 | 6 - Marked fear | 7 | 8 - Extreme fear

Rate how much fear you would expect to experience if you were to do each activity in the coming week.

Going through a car wash

0 - No fear | 1 | 2 - Slight fear | 3 | 4 - Moderate fear | 5 | 6 - Marked fear | 7 | 8 - Extreme fear

Rate how much fear you would expect to experience if you were to do each activity in the coming week.

Playing a vigorous sport on a hot day

0 - No fear | 1 | 2 - Slight fear | 3 | 4 - Moderate fear | 5 | 6 - Marked fear | 7 | 8 - Extreme fear

Rate how much fear you would expect to experience if you were to do each activity in the coming week.

Blowing up an airbed quickly

0 - No fear | 1 | 2 - Slight fear | 3 | 4 - Moderate fear | 5 | 6 - Marked fear | 7 | 8 - Extreme fear

Rate how much fear you would expect to experience if you were to do each activity in the coming week.

Eating in front of others

0 - No fear | 1 | 2 - Slight fear | 3 | 4 - Moderate fear | 5 | 6 - Marked fear | 7 | 8 - Extreme fear

Scoring & interpretation

Responses are scored on a 9-point Likert scale. The scores are then grouped into three subscales: agoraphobia, social phobia, and interoceptive fear. A high score on a subscale indicates a higher level of avoidance or fear in the corresponding domain. Scores can be interpreted using the norms established in the manual.