AQ

Agoraphobia Questionnaire (AQ)

The Agoraphobia Questionnaire is a diagnostic tool used to measure the severity of agoraphobia in individuals. It assesses patients' emotional and behavioral responses to situations that could trigger fear or anxiety.

Number of questions	15 questions
Estimated duration	3 minutes
Language	English
Original name	Agoraphobia Questionnaire
Target audience	Adults
Authors	André Marchand, André Letarte (2001)
Category	Anxiety

Preview of the 15 questions

You are able to stay at home.

Alone, without difficulty | Alone, but with certain precautions | Accompanied, with no other difficulty | Accompanied, but with certain restrictions or medication | No, I avoid the situation completely

You go out for a walk on the street near your home.

Alone, without difficulty | Alone, but with certain precautions | Accompanied, with no other difficulty | Accompanied, but with certain restrictions or medication | No, I avoid the situation completely

You go out to the corner store.

Alone, without difficulty | Alone, but with certain precautions | Accompanied, with no other difficulty | Accompanied, but with certain restrictions or medication | No, I avoid the situation completely

You get around by car in your local area.

Alone, without difficulty | Alone, but with certain precautions | Accompanied, with no other difficulty | Accompanied, but with certain restrictions or medication | No, I avoid the situation completely

You can eat at a restaurant.

Alone, without difficulty | Alone, but with certain precautions | Accompanied, with no other difficulty | Accompanied, but with certain restrictions or medication | No, I avoid the situation completely

Scoring & interpretation

Scores are calculated based on the frequency and intensity of the reported symptoms. A higher score indicates a greater degree of agoraphobia-related disturbance.