

Body Sensations Questionnaire (BSQ)

The Body Sensations Questionnaire (BSQ) is a tool designed to measure the intensity and frequency of the bodily sensations that individuals associate with anxiety. It assesses the somatic fears often observed in patients with panic disorder and other anxiety disorders.

Number of questions	17 questions
Estimated duration	4 minutes
Language	English
Original name	Body Sensations Questionnaire
Target audience	Adults
Authors	David L. Chambless (1984)
Category	Anxiety

Preview of the 17 questions

Please indicate how afraid you are of this sensation:

Heart palpitations

Not at all afraid | Somewhat afraid | Moderately afraid | Very afraid | Extremely afraid

Please indicate how afraid you are of this sensation:

Pressure or a feeling of heaviness in the chest

Not at all afraid | Somewhat afraid | Moderately afraid | Very afraid | Extremely afraid

Please indicate how afraid you are of this sensation:

Numbness in the arms or legs

Not at all afraid | Somewhat afraid | Moderately afraid | Very afraid | Extremely afraid

Please indicate how afraid you are of this sensation:

Tingling in the fingertips

Not at all afraid | Somewhat afraid | Moderately afraid | Very afraid | Extremely afraid

Please indicate how afraid you are of this sensation:

Numbness in another part of the body

Not at all afraid | Somewhat afraid | Moderately afraid | Very afraid | Extremely afraid

Scoring & interpretation

Each item is rated on a Likert scale (from 0 to 4). High scores indicate greater sensitivity to anxiety-provoking bodily sensations. The results can be used to identify specific treatment targets or to track changes over the course of treatment.