

Fear Survey Schedule (FSS)

The Fear Survey Schedule (FSS) is a self-report questionnaire measuring the intensity of various irrational or phobic fears across six broad categories (animals, social situations, illness/bodily injury, noises, classic phobias, miscellaneous fears). It yields an overall score but also points to specific fear profiles, which makes it a useful tool for identifying phobic components to target in exposure therapy.

Number of questions	76 questions
Estimated duration	19 minutes
Language	English
Original name	Fear Survey Schedule
Target audience	Adults
Authors	Wolpe, Lang (1964)
Category	Phobias

Preview of the 76 questions

Rate how much this worries you:

Vacuum cleaner noise

Not at all | A little | Moderately | A lot | Extremely

Rate how much this worries you:

Open wounds

Not at all | A little | Moderately | A lot | Extremely

Rate how much this worries you:

Being alone

Not at all | A little | Moderately | A lot | Extremely

Rate how much this worries you:

Being in an unfamiliar place

Not at all | A little | Moderately | A lot | Extremely

Rate how much this worries you:

Loud voices

Not at all | A little | Moderately | A lot | Extremely

Scoring & interpretation

Each item is rated on a Likert scale on which the respondent indicates the level of fear felt for each situation. Scores are then summed to give a total score that indicates the overall intensity of fears. An analysis of the subscores also helps understand which specific types of fear are most pronounced in the patient.