MIA

Mobility Inventory for Agoraphobia (MIA)

The Mobility Inventory for Agoraphobia is an assessment tool used to measure avoidance of situations perceived as difficult or dangerous by individuals with agoraphobia. It focuses on the degree of avoidance when a person is alone compared with when they are accompanied.

Number of questions	27 questions
Estimated duration	10 minutes
Language	English
Original name	Mobility Inventory for Agoraphobia
Target audience	Adults
Authors	M.K. Chambless, T.J. Caputo (1985)
Category	Phobias

Preview of the 27 questions

Theaters

I never avoid | I rarely avoid | I avoid about half the time | I avoid most of the time | I always avoid

Supermarkets

I never avoid | I rarely avoid | I avoid about half the time | I avoid most of the time | I always avoid

Classrooms (classes)

I never avoid | I rarely avoid | I avoid about half the time | I avoid most of the time | I always avoid

Large stores (department stores)

I never avoid | I rarely avoid | I avoid about half the time | I avoid most of the time | I always avoid

Restaurants

I never avoid | I rarely avoid | I avoid about half the time | I avoid most of the time | I always avoid

Scoring & interpretation

Scores are calculated by assigning a rating to each question based on how often the avoidance behavior occurs, ranging from 1 (never) to 5 (always). The scores are then summed to obtain a total score that indicates the severity of agoraphobic avoidance.