

Marks & Mathews Fear Questionnaire (FQ)

This questionnaire is designed to assess phobias and anxiety-related disorders. It was developed by psychologists Isaac Marks and Andrew Mathews.

Number of questions	23 questions
Estimated duration	5 minutes
Language	English
Original name	Marks & Mathews Fear Questionnaire
Category	Phobias

Preview of the 23 questions

What is the main phobia you want to treat?

Rate your phobia from 0 to 8.

0 - Does not avoid | 1 | 2 - Avoids a little | 3 | 4 - Often avoids | 5 | 6 - Very often avoids | 7 | 8 - Always avoids

Rate this situation from 0 to 8:

Injections and minor surgical procedures.

0 - Does not avoid | 1 | 2 - Avoids a little | 3 | 4 - Often avoids | 5 | 6 - Very often avoids | 7 | 8 - Always avoids

Rate this situation from 0 to 8:

Eating and drinking with others.

0 - Does not avoid | 1 | 2 - Avoids a little | 3 | 4 - Often avoids | 5 | 6 - Very often avoids | 7 | 8 - Always avoids

Rate this situation from 0 to 8:

Going to hospitals.

0 - Does not avoid | 1 | 2 - Avoids a little | 3 | 4 - Often avoids | 5 | 6 - Very often avoids | 7 | 8 - Always avoids

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 Laura V. - Online Psychologist