PAS-SR

Panic-Agoraphobic Spectrum Self-Report (PAS-SR)

The PAS-SR is a self-report questionnaire designed to broadly explore the panic-agoraphobic spectrum in adults. It is not limited to the categorical criteria for panic disorder or agoraphobia and also records subclinical, atypical, temperamental and associated manifestations present over the lifetime. The tool is useful for the clinical identification of anxiety dimensions related to the panic-agoraphobic spectrum, for the study of comorbidities, particularly with mood disorders, and for refining the symptom profile beyond a strict DSM diagnosis. It can help the psychologist objectively assess the lifetime symptom burden, structure the clinical interview and identify areas of vulnerability that are often underestimated.

Number of questions	114 questions
Estimated duration	20 minutes
Language	English
Original name	Panic-Agoraphobic Spectrum Self-Report
Target audience	Adults
Authors	Giovanni B. Cassano, Ellen Frank, Katherine M. Shear, Paola Rucci (1999)
Category	Panic disorder

Preview of the 114 questions

As a child or an adult, did you ever experience a lot of distress...

...if you were separated or anticipated separation from home or loved ones (for example, if you went to stay with a relative or someplace else)?

Yes No

As a child or an adult, did you ever experience a lot of distress...

...because of thoughts that you might lose someone close to you or some harm might come to them (for example, did you worry a lot when your parents quarreled or if one of them had an illness)?

Yes No

Did you ever worry a lot that something bad would happen to you and lead to separation from someone close to you (for example, getting lost, being kidnapped)?

Yes No

Did you ever have trouble going to school or work because of fear of separation?

Yes No

Was it very difficult for you to be alone or without a loved one, either at home or in other places?

Yes No

Scoring & interpretation

The items are generally scored in binary form, with 1 point for each positive answer and 0 for each negative answer. The total score is the sum of the positive answers; domain scores can also be calculated. A high score indicates a broader and more marked presence of panic-agoraphobic spectrum features over the lifetime. Interpretation is dimensional: there is no universally used diagnostic cutoff in routine clinical practice, and the results must be cross-checked with the clinical interview and the psychopathological context.