

Phobia, Panic, and Generalized Anxiety (PPAG)

The Phobia, Panic, and Generalized Anxiety (PPAG) test is a psychometric tool designed to assess the presence and intensity of anxiety disorders. It identifies symptoms related to specific phobias, characterized by irrational fears of certain objects or situations. It also measures panic disorder, marked by sudden panic attacks, and generalized anxiety disorder (GAD), which manifests as excessive and persistent worry. The scale can be repeated to compare a baseline, a treatment period, and a follow-up. It corresponds to the diagnostic criteria of the DSM-IV.

Number of questions	20 questions
Estimated duration	5 minutes
Language	English
Original name	Phobia, Panic, and Generalized Anxiety
Target audience	Adults
Authors	J. Cottraux (1993)
Category	Phobias, Anxiety

Preview of the 20 questions

Identify the two main phobic situations that would change your life considerably if you were cured of them

For your phobia #1, rate the intensity of your anxiety and your degree of avoidance

0 - No discomfort in this situation | 1 | 2 - I feel uncomfortable but do not avoid the situation | 3 | 4 - I am clearly afraid and tend to avoid the situation | 5 | 6 - I am intensely afraid of the situation and avoid it as much as possible | 7 | 8 - I am extremely afraid of the situation and always avoid it

For your phobia #2, rate the intensity of your anxiety and your degree of avoidance

0 - No discomfort in this situation | 1 | 2 - I feel uncomfortable but do not avoid the situation | 3 | 4 - I am clearly afraid and tend to avoid the situation | 5 | 6 - I am intensely afraid of the situation and avoid it as much as possible | 7 | 8 - I am extremely afraid of the situation and always avoid it

In the past week, have you experienced spontaneous panic attacks in which you suddenly felt terrified for no apparent reason?

These attacks occur outside the situations you usually avoid. They are short-lived: from one minute to two hours at most. Peak intensity is reached in less than ten minutes.

0 - Never | 1 | 2 - At least once | 3 | 4 - Sometimes | 5 | 6 - Once a day | 7 | 8 - Several times a day

During these panic attacks, did you experience the following symptoms:

Shortness of breath, smothering

Yes | No

Scoring & interpretation

The first part identifies the two main phobia-inducing situations and rates the level of anxiety and avoidance on a 9-point scale. The second part assesses the frequency of panic attacks (scale from 0 to 8) and the number of panic disorder symptoms as defined by the DSM-IV (from 0 to 13). The third part assesses the intensity of generalized anxiety (scale from 0 to 8).