SPQ

Specific Phobia Questionnaire (SPQ)

The Specific Phobia Questionnaire (SPQ) is a self-report tool for identifying the presence and severity of a person's specific phobias across a wide range of feared situations. It identifies the type of specific phobia (animal, natural environment, blood-injection-injury, situational, etc.), its frequency, and its impact on daily life.

Number of questions	38 questions
Estimated duration	10 minutes
Language	English
Original name	Specific Phobia Questionnaire
Target audience	Adults, adolescents
Authors	Holly Hazlett-Stevens, David H. Barlow (2002)
Category	Phobias

Scoring & interpretation

Each question is rated on a severity or frequency scale. The total scores make it possible to identify the presence of one or more specific phobias and to estimate the degree of avoidance or distress. Both quantitative and qualitative interpretation are recommended.