

## The mobility inventory for AGORAPHOBIA

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_\_\_

- Please indicate the degree to which you avoid the following places or situations because of discomfort or anxiety. Rate your amount of avoidance when you are with a trusted companion and when you are alone. Do this by using the following scale.

- 1) Never avoid
- 2) Rarely avoid
- 3) Avoid about half the time
- 4) Avoid most of the time
- 5) Always avoid

You may use numbers half-way between those listed when you think it is appropriate. For example, 3 ½ or 4 ½)

- Write your score in the blanks for each situation or place under both conditions: When accompanied, and, when alone. Leave blank those situations that do not apply to you.

Places	When accompanied	When alone
Theatres	_____	_____
Supermarkets	_____	_____
Department stores	_____	_____
Restaurants	_____	_____
Museums	_____	_____
Elevators	_____	_____
Auditoriums and stadiums	_____	_____
Parking garages	_____	_____
High Places      Tell how high _____	_____	_____
Enclosed spaces (e.g. tunnels)	_____	_____
Open spaces		
a) Outside (e.g. fields, wide streets, courtyards)	_____	_____
b) Inside (e.g. large rooms, lobbies)	_____	_____

Riding in

Buses	_____	_____
Trains	_____	_____
Places	When accompanied	When alone
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Subways	_____	_____
Airplanes	_____	_____
Boats	_____	_____

Driving or riding in car

a) At any time	_____	_____
b) On expressways	_____	_____

Situations

Standing in lines	_____	_____
Crossing bridges	_____	_____
Parties or social gatherings	_____	_____
Walking on the street	_____	_____
Staying at home alone	_____	_____
Being far away from home	_____	_____
Other (specify)	_____	_____

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We define a panic attack as:

1. A high level of anxiety accompanied by
2. Strong body reactions (heart palpitations, sweating, muscle tremors, dizziness, nausea with
3. The temporary loss of the ability to plan, think, or reason and
4. The intense desire to escape or flee the situation. (Note; this is different from high anxiety or fear alone.)

Please indicate the total number of panic attacks you have had in the last 7 days

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