

Agoraphobia Self-Test

Is it possible that I have symptoms of Agoraphobia?

<u>Question</u>	<u>Yes</u>	<u>No</u>
1. Do you have a fear of being in wide open spaces such as simply going outside your home?	_____	_____
2. Do you fear open spaces to the point that possibly you have become "housebound"?	_____	_____
3. Do you have a "safe zone" that you escape to?	_____	_____
4. Do you fear getting stuck in a line at the store or bank?	_____	_____
5. Do you fear getting stuck on a bridge and not being able to escape?	_____	_____
6. Do you fear being in a crowded area to the point you do whatever it takes to avoid it?	_____	_____
7. Do you dread having a panic attack in these situations?	_____	_____
8. Is your worst fear not being able to escape from the situation?	_____	_____
9. Do you know this type of fear is irrational, but you can't seem to stop thinking about it?	_____	_____
10. Are these fears so paralyzing that you have chest pains, nausea, dizziness, hot or cold flashes, or feelings of unreality?	_____	_____
11. If you do not fear open or public places, is there another fear that is causing you to have similar symptoms?	_____	_____

Although this, or no self-test, is conclusive, if you answered YES to more than three of the above questions, you may be suffering from a Agoraphobia and should contact an iTherapyRX counselor or another health care professional.