

## ACQ

This questionnaire has two parts. Below are some thoughts or ideas that may go through your mind when you are nervous or frightened. Indicate how often each thought occurs when you are nervous; rate each thought from 1-5 using the scale below; put your rating on the LEFT hand side of each item.

1. Thought never occurs
2. Thought rarely occurs
3. Thought occurs during half of the times when I am nervous
4. Thought usually occurs
5. Thought always occurs when I am nervous

1)	___	I am going to throw up	___
2)	___	I am going to pass out	___
3)	___	I must have a brain tumour	___
4)	___	I will have a heart attack	___
5)	___	I will choke to death	___
6)	___	I am going to act foolish	___
7)	___	I am going blind	___
8)	___	I will not be able to control myself	___
9)	___	I will lose control of my bladder or bowels	___
10)	___	I will hurt someone	___
11)	___	I am going to have a stroke	___
12)	___	I am going to go crazy	___
13)	___	I am going to scream	___
14)	___	I am going to babble or talk funny	___
15)	___	I will be paralysed with fear	___
16)	___	I am about to die	___
17)	___	I am seriously ill	___
18)	___	I am going to suffocate	___
		Other ideas not listed (please describe and rate):	
	___	_____	___
	___	_____	___

When you have the symptoms of panic, how much would you believe each of these thoughts to be true. Go back and rate each thought by choosing a number from the scale below, and put the number which applies on the dotted line on the **RIGHT** hand side of the form.

0	10	20	30	40	50	60	70	80	90	100
I do not believe					I am completely convinced					
this thought at all					this thought is true					

Finally, please rate the item below in the way you have done for the individual thoughts above; remember that the harm might include one or more of the thoughts listed above.

19)	___	In a panic attack, I will suffer serious physical or mental harm	___
-----	-----	--	-----