

The FSSC-II Fear Scale

Name (Code No.): Date of Birth: ____/____/____

Sex: Male/Female (please circle one)

Today's Date: ____/____/____

Directions

Below is a list of things and situations. Please read each statement carefully and place a tick (✓) in the box next to words which best describe **how scared you are of it**. There are no right or wrong answers. Do not spend too much time on any one statement. Remember, choose the words which are most true for you.

- | | | | | | | | | | | |
|--|--------------------------|---------------|--------------------------|----------|--------------------------|------------|--------------------------|-------------|--------------------------|-----------|
| 1. Being teased..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 2. Rides like the Big Dipper. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 3. Being alone. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 4. Riding in a car or bus..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 5. Being criticised by others. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 6. Mice..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 7. Losing my friends..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 8. Being in closed places. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 9. Going to the doctor..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 10. Getting bad marks at school. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 11. Our country being invaded. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 12. Darkness. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 13. Nuclear war..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 14. Taking dangerous drugs..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 15. Going to the dentist..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 16. Having to talk in front of my class. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 17. Violence on television. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 18. Spiders. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 19. Murderers..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 20. My parents criticising me. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 21. Being in a fight. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 22. Being kidnapped..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 23. Getting a serious illness..... | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |
| 24. Meeting someone for the first time. | <input type="checkbox"/> | Very Slightly | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Quite a bit | <input type="checkbox"/> | Extremely |

25. Fire..... Very Slightly A little Moderately Quite a bit Extremely
26. Having an operation..... Very Slightly A little Moderately Quite a bit Extremely
27. Having to go to school..... Very Slightly A little Moderately Quite a bit Extremely
28. Someone in my family dying..... Very Slightly A little Moderately Quite a bit Extremely
29. Making mistakes..... Very Slightly A little Moderately Quite a bit Extremely
30. My parents arguing..... Very Slightly A little Moderately Quite a bit Extremely
31. Cyclones. Very Slightly A little Moderately Quite a bit Extremely
32. Myself dying..... Very Slightly A little Moderately Quite a bit Extremely
33. Being hit by a car or truck. Very Slightly A little Moderately Quite a bit Extremely
34. Being sent to the principal. Very Slightly A little Moderately Quite a bit Extremely
35. Ghosts or spooky things. Very Slightly A little Moderately Quite a bit Extremely
36. Being threatened with a gun. Very Slightly A little Moderately Quite a bit Extremely
37. Bushfires..... Very Slightly A little Moderately Quite a bit Extremely
38. Not being able to breathe..... Very Slightly A little Moderately Quite a bit Extremely
39. Getting punished by my dad..... Very Slightly A little Moderately Quite a bit Extremely
40. Failing a test..... Very Slightly A little Moderately Quite a bit Extremely
41. Drunk people. Very Slightly A little Moderately Quite a bit Extremely
42. Snakes..... Very Slightly A little Moderately Quite a bit Extremely
43. My parents separating or
getting divorced Very Slightly A little Moderately Quite a bit Extremely
44. Getting an electric shock. Very Slightly A little Moderately Quite a bit Extremely
45. Someone in my family
having an accident. Very Slightly A little Moderately Quite a bit Extremely
46. Getting lost in a crowd..... Very Slightly A little Moderately Quite a bit Extremely
47. Having no friends. Very Slightly A little Moderately Quite a bit Extremely
48. Someone in my family getting
sick..... Very Slightly A little Moderately Quite a bit Extremely
49. Strange looking people. Very Slightly A little Moderately Quite a bit Extremely
50. Getting punished by my mum. Very Slightly A little Moderately Quite a bit Extremely
51. A burglar breaking into our house. Very Slightly A little Moderately Quite a bit Extremely
52. Having bad dreams. Very Slightly A little Moderately Quite a bit Extremely
53. Being alone at home. Very Slightly A little Moderately Quite a bit Extremely
54. Rats. Very Slightly A little Moderately Quite a bit Extremely
55. Going to a new school. Very Slightly A little Moderately Quite a bit Extremely

56. Earthquakes. Very Slightly A little Moderately Quite a bit Extremely
57. Getting an injection from a nurse or doctor. Very Slightly A little Moderately Quite a bit Extremely
58. Bees. Very Slightly A little Moderately Quite a bit Extremely
59. Sitting for a test. Very Slightly A little Moderately Quite a bit Extremely
60. Being bullied. Very Slightly A little Moderately Quite a bit Extremely
61. Getting my school report. Very Slightly A little Moderately Quite a bit Extremely
62. Thunder. Very Slightly A little Moderately Quite a bit Extremely
63. Lizards. Very Slightly A little Moderately Quite a bit Extremely
64. AIDS. Very Slightly A little Moderately Quite a bit Extremely
65. Creepy houses. Very Slightly A little Moderately Quite a bit Extremely
66. Tigers. Very Slightly A little Moderately Quite a bit Extremely
67. Dead people. Very Slightly A little Moderately Quite a bit Extremely
68. Getting lost in a strange place. Very Slightly A little Moderately Quite a bit Extremely
69. Thunderstorms. Very Slightly A little Moderately Quite a bit Extremely
70. Cemeteries. Very Slightly A little Moderately Quite a bit Extremely
71. Dogs. Very Slightly A little Moderately Quite a bit Extremely
72. The sight of blood. Very Slightly A little Moderately Quite a bit Extremely
73. Looking foolish. Very Slightly A little Moderately Quite a bit Extremely
74. Flying in a plane. Very Slightly A little Moderately Quite a bit Extremely
75. Strangers. Very Slightly A little Moderately Quite a bit Extremely
76. Having to go to hospital. Very Slightly A little Moderately Quite a bit Extremely
77. Falling from high places. Very Slightly A little Moderately Quite a bit Extremely
78. Sharks. Very Slightly A little Moderately Quite a bit Extremely

