

The FSSC-II Interference 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 much your fear of the particular thing or situation interferes with your everyday life.**

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"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 2. Rides like the Big Dipper. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 3. Being alone. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 4. Riding in a car or bus..... | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 5. Being criticised by others. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 6. Mice..... | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 7. Losing my friends..... | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 8. Being in closed places. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 9. Going to the doctor..... | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 10. Getting bad marks at school. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 11. Our country being invaded. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 12. Darkness. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 13. Nuclear war..... | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 14. Taking dangerous drugs..... | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 15. Going to the dentist..... | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 16. Having to talk in front of my class. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 17. Violence on television. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 18. Spiders. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 19. Murderers..... | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 20. My parents criticising me. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 21. Being in a fight. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 22. Being kidnapped..... | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 23. Getting a serious illness..... | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |
| 24. Meeting someone for the first time. | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Moderately | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> A great deal |

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

56. Earthquakes..... Not at all A little bit Moderately Quite a bit A great deal
57. Getting an injection from a bit
nurse or doctor..... Not at all A little bit Moderately Quite a bit A great deal
58. Bees..... Not at all A little bit Moderately Quite a bit A great deal
59. Sitting for a test..... Not at all A little bit Moderately Quite a bit A great deal
60. Being bullied..... Not at all A little bit Moderately Quite a bit A great deal
61. Getting my school report..... Not at all A little bit Moderately Quite a bit A great deal
62. Thunder..... Not at all A little bit Moderately Quite a bit A great deal
63. Lizards..... Not at all A little bit Moderately Quite a bit A great deal
64. AIDS..... Not at all A little bit Moderately Quite a bit A great deal
65. Creepy houses..... Not at all A little bit Moderately Quite a bit A great deal
66. Tigers..... Not at all A little bit Moderately Quite a bit A great deal
67. Dead people..... Not at all A little bit Moderately Quite a bit A great deal
68. Getting lost in a strange place..... Not at all A little bit Moderately Quite a bit A great deal
69. Thunderstorms..... Not at all A little bit Moderately Quite a bit A great deal
70. Cemeteries..... Not at all A little bit Moderately Quite a bit A great deal
71. Dogs..... Not at all A little bit Moderately Quite a bit A great deal
72. The sight of blood..... Not at all A little bit Moderately Quite a bit A great deal
73. Looking foolish..... Not at all A little bit Moderately Quite a bit A great deal
74. Flying in a plane..... Not at all A little bit Moderately Quite a bit A great deal
75. Strangers..... Not at all A little bit Moderately Quite a bit A great deal
76. Having to go to hospital..... Not at all A little bit Moderately Quite a bit A great deal
77. Falling from high places..... Not at all A little bit Moderately Quite a bit A great deal
78. Sharks..... Not at all A little bit Moderately Quite a bit A great deal