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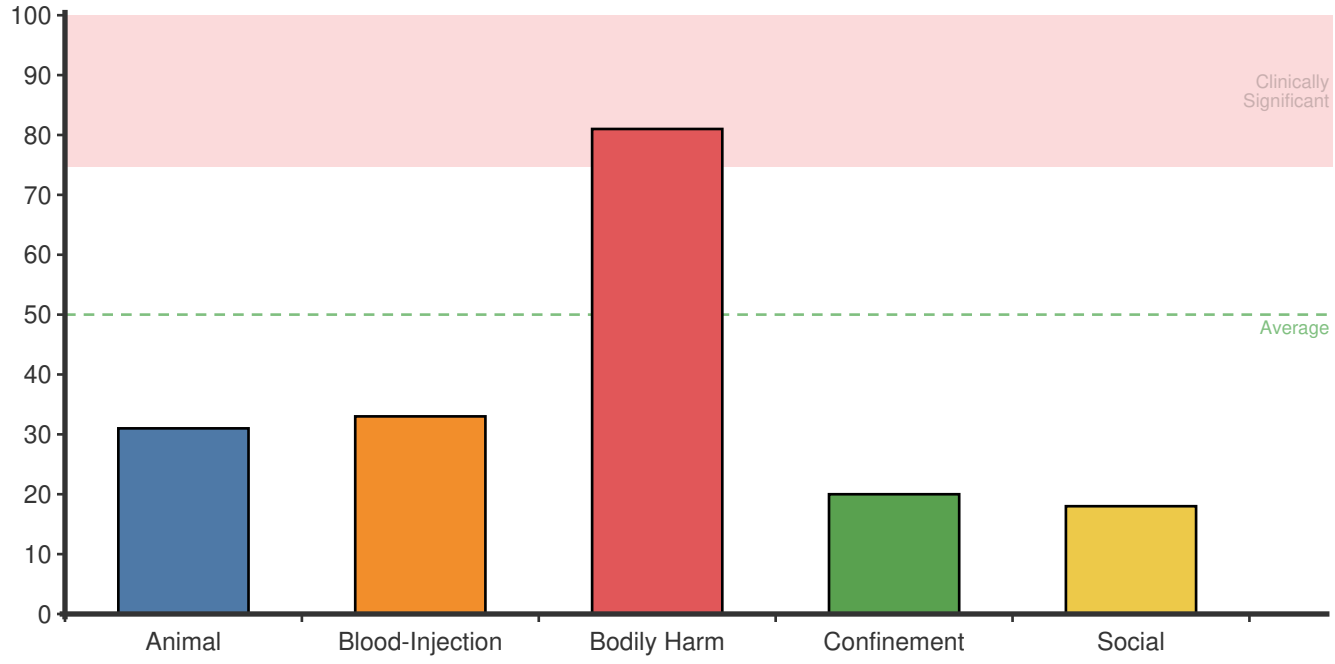
Phobic Stimuli Response Scale (PSRS)

Client Name	Generic Client	*Date administered*	29 Aug 2025
Date of birth (age)	1 Jan 1990 (35)	*Time taken*	33s
Assessor	Dr Simon Baker		

Results

	Raw Score	Average Score	Percentile
Total Score	122	2.7	N/A
Animal (8 items)	21	2.6	31
Blood-Injection (10 items)	24	2.4	33
Bodily Harm (8 items)	25	3.1	81
Confinement (9 items)	25	2.8	20
Social (11 items)	27	2.5	18

PSRS Subscale Normative Percentiles



Scoring and Interpretation Information

For comprehensive information on the Phobic Stimuli Response Scale (PSRS), see here.

The PSRS generates both raw scores and standardised metrics for each of the five phobia subscales:

- Animal (8 items): Items 1, 4, 12, 14, 29, 37, 44, and 46

- Blood-Injection (10 items): Items 2, 7, 13, 15, 17, 19, 22, 30, 32, and 41

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- Bodily Harm (8 items): Items 5, 10, 24, 31, 36, 38, 42, and 43

- Physical Confinement (9 items): Items 8, 9, 11, 20, 21, 23, 25, 26, and 40

- Social (11 items): Items 3, 6, 16, 18, 27, 28, 33, 34, 35, 39, and 45

Raw scores are calculated by summing responses for items within each subscale. Average scores are calculated by dividing the raw score by the number of items in each subscale. Percentiles are derived from normative data based on an undergraduate sample (Ashton et al., 2008; n = 248). Scores on the 50th percentile represent typical fear responses, while scores on or above the 75th percentile suggest clinically significant fear responses that may impact daily functioning.

Given the positively skewed distribution of the normative sample, percentiles should be interpreted cautiously and supplemented with clinical judgment. Raw scores and average scores provide the most reliable indicators for tracking changes over time.

Client Responses

		Strongly Disagree	Disagree	Agree	Strongly Agree
1	I do not like worms.				**4**
2	I turn away from the sight of blood.	**1**			
3	I do not like to have people watch me eat.	**1**			
4	Rats and mice really bother me.	**1**			
5	I get nervous and uneasy during thunderstorms.	**1**			
6	I often am afraid of looking foolish.			**3**	
7	Watching gory movies makes me queasy.	**1**			
8	I hate the feeling of being trapped in the middle of a big crowd.			**3**	
9	I am very afraid of suffocating.				**4**
10	I often worry about natural disasters.		**2**		
11	I do not like riding in crowded buses.			**3**	

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Client Responses (cont.)

		Strongly Disagree	Disagree	Agree	Strongly Agree
12	I would never hold a spider.	1	2	3	**4**
13	I hate getting needles.	1	2	**3**	4
14	It would not bother me to hold a snake.	4	3	**2**	1
15	It would be hard for me to prick my own finger.	1	2	3	**4**
16	I dislike the feeling of being watched by others.	1	**2**	3	4
17	I feel faint at the sight of blood.	**1**	2	3	4
18	Public speaking makes me very nervous.	1	2	**3**	4
19	I do not like to look at hypodermic needles.	1	2	3	**4**
20	I am terrified at the thought of being buried alive.	**1**	2	3	4
21	I really dislike being in very crowded airplanes.	1	2	**3**	4
22	Witnessing childbirth would probably make me feel faint.	1	**2**	3	4
23	I am uncomfortable in tight, enclosed spaces.	1	2	3	**4**
24	I would never swim in deep water, even if someone were with me.	1	2	3	**4**
25	I dislike crowded places.	**1**	2	3	4
26	I hate sitting in the middle of a long row of people so that it is difficult to get in and out.	1	2	**3**	4
27	I tend to be uncomfortable around people I find attractive.	1	2	3	**4**
28	I get nervous when I know that people are watching me.	1	**2**	3	4
29	I would not like to hold a lizard.	1	2	**3**	4
30	I would hate to have an IV stuck in my arm.	1	**2**	3	4

Client Name	Generic Client

Client Responses (cont.)

		Strongly Disagree	Disagree	Agree	Strongly Agree
31	I worry that someone close to me will contract a terminal illness.	1	2	3	**4**
32	The sight of blood used to really upset me when I was a child.	1	**2**	3	4
33	I hate to be places in which I do not know anyone.	**1**	2	3	4
34	I can't perform well if I know that others are watching me.	1	2	**3**	4
35	I am generally not shy around people I've just met.	**4**	3	2	1
36	I am very concerned that I might contract HIV.	1	2	3	**4**
37	I would not like to hold a snail or a slug.	1	**2**	3	4
38	One of my greatest fears is that I will suffer an early, untimely death.	1	2	3	**4**
39	When in a new situation, I feel that everyone is watching me.	**1**	2	3	4
40	It would be terrifying for me to be locked in a small, dark room.	1	2	**3**	4
41	Watching an animal dissection would make me woozy.	1	2	3	**4**
42	It terrifies me to be outside when lightning is striking.	1	2	3	**4**
43	One of my greatest fears is that I will be diagnosed with cancer.	1	**2**	3	4
44	I would hate to touch a cockroach.	1	2	**3**	4
45	I dislike being in strange, unfamiliar places.	1	2	**3**	4
46	I really dislike handling slimy things.	1	**2**	3	4