



Phobic Stimuli Response Scale (PSRS)

Instructions:

Please respond to the following questions.

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



		Strongly Disagree	Disagree	Agree	Strongly Agree
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
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



		Strongly Disagree	Disagree	Agree	Strongly Agree
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

Developer Reference:

Cutshall, C. & Watson, D. (2004). The Phobic Stimuli Response Scales: A new self-report measure of fear. Behaviour Research and Therapy, 42, 1193-1201. <https://doi.org/10.1016/j.brat.2003.08.003>

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