

AGORAPHOBIC COGNITIONS QUESTIONNAIRE  
BODY SENSATIONS QUESTIONNAIRE

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Agoraphobic Cognitions Questionnaire

The ACQ consists of 14 items which may be scored as a total scale, or according to its two subscales: Loss of Control and Physical Concerns. Each of the subscales consists of 7 items. The subscale or total scores are calculated by averaging the responses to the individual items composing that score. If you include the optional "other" item in the scoring, then on subsequent testing you need to write in that item for the client to ensure he/she is responding to a consistent set of items.

Loss of Control Items: Act foolish, lose control, hurt someone, go crazy, scream, babble, paralyzed by fear.

Physical Concerns Items: Throw up, pass out, brain tumor, heart attack, choke, go blind, stroke.

Body Sensations Questionnaire

The BSQ total score consists of the average of responses to the 17 items, or of responses to whatever items the client rated if items were skipped. I would endeavor to get clients to complete every item to enhance reliability. See ACQ instructions for the "other" item.

COMMUNITY SAMPLE NORMS FOR  
 THE AGORAPHOBIC COGNITIONS QUESTIONNAIRE  
 THE BODY SENSATIONS QUESTIONNAIRE  
 THE MOBILITY INVENTORY FOR AGORAPHOBIA

Source: Bibb, J.L. (1988). Parental bonding, pathological development, and fear of losing control among agoraphobics and normals. Unpublished doctoral dissertation, The American University, Washington, DC.

| <u>Variable</u>                    | <u>M</u> | <u>SD</u> | <u>n</u> |
|------------------------------------|----------|-----------|----------|
| ACQ (14 item)                      | 1.60     | 0.46      | 139      |
| ACQ-Loss of Control Factor         | 1.89     | 0.70      | 139      |
| ACQ-Physical Concerns Factor       | 1.31     | 0.33      | 139      |
| BSQ                                | 1.80     | 0.59      | 88       |
| Mobility:<br>Avoidance Alone       | 1.50     | 0.45      | 88       |
| Mobility:<br>Avoidance Accompanied | 1.24     | 0.35      | 88       |

NB: Subjects in this sample were not screened for normality. They were faculty and staff of The American University who volunteered to participate in a questionnaire research project.

NORMS FOR CLIENTS DIAGNOSED AS HAVING AGORAPHOBIA WITH PANIC  
ATTACKS, SEEN AT THE AGORAPHOBIA AND ANXIETY PROGRAM  
TEMPLE UNIVERSITY MEDICAL SCHOOL

|   | Mean  | SD    | Median |     |
|---|-------|-------|--------|-----|
| Agoraphobic Cognitions<br>(14 item version) | 2.43  | 0.63  | 2.39   | 253 |
| Body Sensations                             | 3.02  | 0.85  | 3.08   | 254 |
| Fear Questionnaire-<br>Agoraphobia Factor   | 20.81 | 10.72 | 20.60  | 291 |
| Main Phobia                                 | 6.44  | 2.02  | 7.14   | 205 |
| Global Phobia                               | 5.50  | 1.94  | 5.97   | 291 |
| Mobility Inventory-                         |       |       |        |     |
| Avoid Alone                                 | 3.22  | 1.01  | 3.20   | 356 |
| Discomf. Alone                              | 3.26  | 1.03  | 3.22   | 179 |
| Avoid Acomp.                                | 2.39  | 0.88  | 2.35   | 353 |
| Discomf. Accomp.                            | 2.54  | 0.77  | 2.50   | 178 |
| Panic Frequency                             | 3.07  | 3.88  | 2.11   | 300 |
| Panic Intensity                             | 3.19  | 1.00  | 3.01   | 176 |