

Children's FEAR SURVEY SCHEDULE

By

Joseph Wolpe and
Peter J. Lang

Name: _____

Occupation: _____ Age: _____ Sex: _____

Address: _____

The items in this questionnaire refer to things and experiences that may cause fear or other, related unpleasant feelings. Read each item and decide how much you are disturbed by it. Then mark your booklet according to the following scale:

- 0 = Not at all
- 1 = A little
- 2 = A fair amount
- 3 = Much
- 4 = Very Much

If going boating generally leads to feel no fear, circle "0 = not at all." If you would feel a little fear, circle "1 = a little." If you feel more afraid mark a higher number—"2 = a fair amount," "3 = much," or "4 = very much," depending on your response to the item. Remember to circle only one of the spaces after each. Answer all the items. Please work rapidly and do not spend too much time on any one statement.

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- | | |
|---|---|
| 1. Noise of vacuum cleaner.....0 1 2 3 4 | 30. Sudden noises0 1 2 3 4 |
| 2. Open wounds0 1 2 3 4 | 31. Journeys by car0 1 2 3 4 |
| 3. Being alone.....0 1 2 3 4 | 32. Dull weather0 1 2 3 4 |
| 4. Loud voices.....0 1 2 3 4 | 33. Crowds0 1 2 3 4 |
| 5. Dead People.....0 1 2 3 4 | 34. Cats..... 0 1 2 3 4 |
| 6. Speaking in public..... 0 1 2 3 4 | 35. One person bullying another..... 0 1 2 3 4 |
| 7. Crossing streets.....0 1 2 3 4 | 36. Tough looking people..... 0 1 2 3 4 |
| 8. People who seem insane0 1 2 3 4 | 37. Birds.....0 1 2 3 4 |
| 9. Being in a strange place0 1 2 3 4 | 38. Sight of deep water..... 0 1 2 3 4 |
| 10. Falling0 1 2 3 4 | 39. Being watched working0 1 2 3 4 |
| 11. Automobiles0 1 2 3 4 | 40. Dead animals..... 0 1 2 3 4 |
| 12. Being teased0 1 2 3 4 | 41. Weapons..... 0 1 2 3 4 |
| 13. Dentists0 1 2 3 4 | 42. Dirt..... 0 1 2 3 4 |
| 14. Thunder0 1 2 3 4 | 43. Journeys by bus..... 0 1 2 3 4 |
| 15. Sirens.....0 1 2 3 4 | 44. Crawling insects..... 0 1 2 3 4 |
| 16. Failure0 1 2 3 4 | 45. Seeing a fight0 1 2 3 4 |
| 17. Entering a room where other people are already
seated0 1 2 3 4 | 46. Ugly people..... 0 1 2 3 4 |
| 18. High places on land0 1 2 3 4 | 47. Fire..... 0 1 2 3 4 |
| 19. Looking down from high buildings0 1 2 3 4 | 48. Sick people..... 0 1 2 3 4 |
| 20. Worms0 1 2 3 4 | 49. Being criticized..... 0 1 2 3 4 |
| 21. Imaginary creatures0 1 2 3 4 | 50. Strange shapes.....0 1 2 3 4 |
| 22. Receiving injections0 1 2 3 4 | 51. Being touched by others.....0 1 2 3 4 |
| 23. Strangers.....0 1 2 3 4 | 52. Being in an elevator.....0 1 2 3 4 |
| 24. Bats..... 0 1 2 3 4 | 53. Witnessing surgical operations..... 0 1 2 3 4 |
| 25. Journeys by train0 1 2 3 4 | 54. Angry people..... 0 1 2 3 4 |
| 26. Feeling angry..... 0 1 2 3 4 | 55. Mice.....0 1 2 3 4 |
| 27. People in authority..... 0 1 2 3 4 | 56. Human blood.....0 1 2 3 4 |
| 28. Flying insects0 1 2 3 4 | 57. Animal blood.....0 1 2 3 4 |
| 29. Seeing other people injected0 1 2 3 4 | 58. Parting from friends..... 0 1 2 3 4 |
| | 59. Enclosed places..... 0 1 2 3 4 |

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|--|---|---|---|---|--|---|---|---|---|
| 60. Prospects of a surgical operation.....0 | 1 | 2 | 3 | 4 | 89. Being seen unclothed0 | 1 | 2 | 3 | 4 |
| 61. Feeling rejected by others.....0 | 1 | 2 | 3 | 4 | 90. Taking medicine.....0 | 1 | 2 | 3 | 4 |
| 62. Journeys by airplane.....0 | 1 | 2 | 3 | 4 | 91. Being punished by God.....0 | 1 | 2 | 3 | 4 |
| 63. Medical odors.....0 | 1 | 2 | 3 | 4 | 92. Being dressed unsuitably (wearing wrong clothes
for the occasion).....0 | 1 | 2 | 3 | 4 |
| 64. Feeling disapproved of0 | 1 | 2 | 3 | 4 | 93. Ministers or priests.....0 | 1 | 2 | 3 | 4 |
| 65. Harmless snakes.....0 | 1 | 2 | 3 | 4 | 94. Hurting the feelings of others.....0 | 1 | 2 | 3 | 4 |
| 66. Cemeteries.....0 | 1 | 2 | 3 | 4 | 95. Kissing.....0 | 1 | 2 | 3 | 4 |
| 67. Being ignored0 | 1 | 2 | 3 | 4 | 96. Undertakers.....0 | 1 | 2 | 3 | 4 |
| 68. Darkness.....0 | 1 | 2 | 3 | 4 | 97. Police.....0 | 1 | 2 | 3 | 4 |
| 69. Premature heart beats (missing a beat) 0 | 1 | 2 | 3 | 4 | 98. Fish.....0 | 1 | 2 | 3 | 4 |
| 70. Nude men.....0 | 1 | 2 | 3 | 4 | 99. Leaving home0 | 1 | 2 | 3 | 4 |
| 71. Nude women.....0 | 1 | 2 | 3 | 4 | 100. Physical examinations.....0 | 1 | 2 | 3 | 4 |
| 72. Lightning0 | 1 | 2 | 3 | 4 | 101. Marriage.....0 | 1 | 2 | 3 | 4 |
| 73. Doctors.....0 | 1 | 2 | 3 | 4 | 102. Insecticides.....0 | 1 | 2 | 3 | 4 |
| 74. Crippled or deformed people.....0 | 1 | 2 | 3 | 4 | 103. Vomiting0 | 1 | 2 | 3 | 4 |
| 75. Making mistakes.....0 | 1 | 2 | 3 | 4 | 104. Responsibility (being in charge).....0 | 1 | 2 | 3 | 4 |
| 76. Looking foolish.....0 | 1 | 2 | 3 | 4 | 105. Hospitals.....0 | 1 | 2 | 3 | 4 |
| 77. Losing control of yourself0 | 1 | 2 | 3 | 4 | _____ + _____ + _____ + _____ = _____ | | | | |
| 78. Fainting.....0 | 1 | 2 | 3 | 4 | | | | | |
| 79. Becoming nauseous.....0 | 1 | 2 | 3 | 4 | | | | | |
| 80. Harmless spiders.....0 | 1 | 2 | 3 | 4 | | | | | |
| 81. Being responsible.....0 | 1 | 2 | 3 | 4 | | | | | |
| 82. Knives or sharp objects.....0 | 1 | 2 | 3 | 4 | | | | | |
| 83. Thoughts of being mentally ill0 | 1 | 2 | 3 | 4 | | | | | |
| 84. Taking written tests0 | 1 | 2 | 3 | 4 | | | | | |
| 85. Being with a member of the opposite
sex.....0 | 1 | 2 | 3 | 4 | | | | | |
| 86. Large open spaces.....0 | 1 | 2 | 3 | 4 | | | | | |
| 87. Dogs.....0 | 1 | 2 | 3 | 4 | | | | | |
| 88. Germs.....0 | 1 | 2 | 3 | 4 | | | | | |