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Mobility Inventory for Agoraphobia (abridged)

Name/initials: Date:

Instructions

This is an abridged version of the Mobility Inventory for Agoraphobia. It only includes those items that relate to avoidance of situations. Some items have been reworded to give a UK English equivalent to American English terms.

The Mobility Inventory calculates a score for two separate scales: first, avoidance of situations when accompanied (Avoidance Accompanied scale) and second, avoidance when alone (Avoidance Alone scale). Please complete both scales.

For each question on each scale, please indicate the degree to which you avoid the following places or situations because of discomfort or anxiety. Rate your amount of avoidance when you are with a trusted companion (Avoidance Accompanied scale) and when you are alone (Avoidance Alone scale). Please use the following scale:

1: never avoid

2: rarely avoid

3: avoid about half the time

4: Avoid most of the time

5: always avoid

N/a: situations that do not apply to you.

Place	When accompanied						When alone					
Theatres	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Supermarkets	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Classrooms	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Department stores	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Restaurants	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Museums	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Lifts/elevators	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Auditoriums or stadiums	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Car parks	1	2	3	4	5	n/a	1	2	3	4	5	n/a
High places	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Enclosed spaces (e.g. tunnels)	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Open spaces	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Outside (e.g. fields, wide streets, courtyards)	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Inside (e.g. large rooms, lobbies)	1	2	3	4	5	n/a	1	2	3	4	5	n/a

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Riding in	When accompanied						When alone					
Buses	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Trains	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Underground/Tubes/Metro	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Aeroplanes	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Boats	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Driving or riding in a car (anytime)	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Driving or riding in a car (on motorways)	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Situations	When accompanied						When alone					
Standing in lines/queues	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Crossing bridges	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Parties or social gatherings	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Walking on the street	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Staying at home alone	N/a						1	2	3	4	5	n/a
Being far away from home	1	2	3	4	5	n/a	1	2	3	4	5	n/a
Other (specify:_____)	1	2	3	4	5	n/a	1	2	3	4	5	n/a

Total Avoidance Accompanied = Average score (mean) =

Total Avoidance Alone = Average score (mean) =

The most relevant score on the Mobility Inventory is not the total for each of the two scales because not every situation will apply to you. Instead, an average (also called the mean) is calculated for each of the scales.

Chambless et al. (1985) report that people who met the diagnostic criteria for agoraphobia scored an average of 2.5 on the Avoidance Accompanied scale and 3.3 on the Avoidance Alone scale. People who did not meet the diagnostic criteria for agoraphobia scored on average 1.07 on the Avoidance Accompanied scale and 1.35 on the Avoidance Alone scale.

Reference

Chambless, D. L., Caputo G. C., Jasin, S. E., Gracely, E. J., & Williams C., (1985). The Mobility Inventory for agoraphobia. *Behavior Research and Therapy* 23: 35-44.

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