The Oxford Agoraphobic Avoidance Scale (O-AS)

Anxiety can make it difficult for people to go into everyday situations. This questionnaire is all about anxiety in everyday situations. We want to know whether there are situations that you do not go into because of anxiety. We also want to know how anxious you think you would feel if you were in each of these situations.

For each task below please tick whether or not you could do it at the moment (yes, I could do this now/no, I would get too anxious) and rate how anxious/distressed you think you would feel doing each task on a scale from 0 (No distress) to 10 (Extreme distress).

Do you feel you could do this right now?	Yes, I could do this now	No, I'd get too anxious	How anxious would you feel doing this? No distress / Moderate distress / Extreme distress										
1. Stand outside your home on your own for 5mins.			0	1	2	3	4	5	6	7	8	9	10
2. Walk down a quiet street on your own.			0	1	2	3	4	5	6	7	8	9	10
3. Walk down a busy street with someone you know.			0	1	2	3	4	5	6	7	8	9	10
4. Travel on your own on the bus for several stops.			0	1	2	3	4	5	6	7	8	9	10
5. Sit in the waiting room of your GP/health centre on your own for 5mins.			0	1	2	3	4	5	6	7	8	9	10
6. Purchase an item in a local shop, from a shop assistant.			0	1	2	3	4	5	6	7	8	9	10
7. Go to a shopping centre on your own for 15mins.			0	1	2	3	4	5	6	7	8	9	10
8. Sit in a café on your own for 10mins.			0	1	2	3	4	5	6	7	8	9	10

Lambe et al. (2021). The Oxford Agoraphobic Avoidance Scale. *Psychological Medicine,* 1-11. doi:10.1017/S0033291721002713

Scoring

Total avoidance score: Each item answered as 'Yes, I could do this now' should be coded as 0, and 'No, I'd get too anxious' should be coded as 1. Add the avoidance ratings together to form a total avoidance score, where higher scores indicate greater avoidance.

Total distress score: Distress ratings for each item should be added together to form a total distress score, where higher scores indicate greater severity of distress.