



Deenz Agoraphobia Scale (DAS-15) Questionnaire

Instructions

Deenz Agoraphobia Scale (DAS-15) contains 15 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
1	I avoid long queues or waiting areas whenever possible.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I plan trips carefully to avoid busy or noisy places.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I cancel or delay plans that feel too crowded or unpredictable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I often ask someone to accompany me when going out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I avoid going far from home without a clear reason.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I prefer to stand near exits in crowded places.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I check escape routes when I enter new places.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I choose seating where I can leave easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I prefer familiar routes even if they take longer.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I carry items that make me feel secure when outside.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
11	I hesitate before entering places that feel enclosed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I avoid sitting in the middle of a crowd.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I feel relieved when I return home after an outing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I prefer staying indoors even when I have no reason not to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I feel calm only in familiar places.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Dimension Scoring Keys

Dimension	Items	Number of Items
Avoidance	1, 2, 3, 4, 5	5
Safety Behaviors	6, 7, 8, 9, 10	5
Environmental Discomfort	11, 12, 13, 14, 15	5

Raw Score Ranges

Scale	Items	Possible Range
Avoidance	5	0–20
Safety Behaviors	5	0–20
Environmental Discomfort	5	0–20
Overall Score	15	0–60

Source

Dar, Deen Mohd. [Development and Validation of the Deenz Agoraphobia Scale \(DAS-15\)](#).

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Interactive Version: [Deenz Agoraphobia Scale \(DAS-15\)](#)