

SPQ-15

Please mark the following statements as either “true” or “false” as you feel that they generally apply to you. If a statement is true most of the time or is mostly true for you, you should answer true. If it is mostly false or false most of the time, mark it false. Indicate your answer by placing an “X” in the appropriate column.

True False

- | | | |
|-------|-------|--|
| _____ | _____ | 1. I avoid going to parks or on camping trips because there may be spiders about. |
| _____ | _____ | 2. I would feel some anxiety holding a toy spider in my hand. |
| _____ | _____ | 3. I dislike looking at pictures of spiders in a magazine. |
| _____ | _____ | 4. If there is a spider on the ceiling over my bed, I cannot go to sleep unless someone kills it for me. |
| _____ | _____ | 5. I am terrified by the thought of touching a harmless spider. |
| _____ | _____ | 6. If someone says that there are spiders anywhere about, I become alert and edgy. |
| _____ | _____ | 7. I would not go down to the basement to get something if I thought there might be spiders down there. |
| _____ | _____ | 8. I would feel uncomfortable if a spider crawled out of my shoe as I took it out of the closet to put it on. |
| _____ | _____ | 9. When I see a spider, I feel tense and restless. |
| _____ | _____ | 10. I feel sick when I see a spider. |
| _____ | _____ | 11. I shudder when I think of spiders. |
| _____ | _____ | 12. The way spiders move is repulsive. |
| _____ | _____ | 13. If I came upon a spider while cleaning the attic I would probably run. |
| _____ | _____ | 14. I would prefer not to finish a story if something about spiders was introduced into the plot. |
| _____ | _____ | 15. Even if I was late for a very important appointment, the thought of spiders would stop me from taking a shortcut through an underpass. |