

## CLQ

How anxious would you feel in the following places or situations? Circle the most appropriate number:

### SS

	Not at all anxious	Slightly anxious	Mod- erately anxious	Very anxious	Extrem -ely anxious
1. Swimming while wearing a nose plug	0	1	2	3	4
2. Working under a sink for 15 minutes	0	1	2	3	4
3. Standing in an elevator on the ground floor with the doors closed	0	1	2	3	4
4. Trying to catch your breath during vigorous exercise	0	1	2	3	4
5. Having a bad cold and finding it difficult to breathe through your nose	0	1	2	3	4
6. Snorkeling in a safe practice tank for 15 minutes	0	1	2	3	4
7. Using an oxygen mask	0	1	2	3	4
8. Lying on a bottom bunk bed	0	1	2	3	4
9. Standing in the middle of the 3 <sup>rd</sup> row at a packed concert realizing that you will be unable to leave until the end	0	1	2	3	4
10. In the centre of a full row at a cinema	0	1	2	3	4
11. Working under a car for 15 minutes	0	1	2	3	4
12. At the furthest point from an exit on a tour of an underground mine shaft.	0	1	2	3	4
13. Lying in a sauna for 15 minutes	0	1	2	3	4
14. Waiting for 15 minutes in a plane on the ground with the door closed	0	1	2	3	4

### RS

	Not at all anxious	Slightly anxious	Mod- erately anxious	Very anxious	Extrem -ely anxious
1. Locked in a small DARK room without windows for 15 minutes	0	1	2	3	4
2. Locked in a small WELL LIT room without windows for 15 minutes	0	1	2	3	4
3. Handcuffed for 15 minutes	0	1	2	3	4
4. Tied up with hands behind back for 15 minutes	0	1	2	3	4
5. Caught in tight clothing and unable to remove it	0	1	2	3	4
6. Standing for 15 minutes in a straitjacket	0	1	2	3	4
7. Lying in a tight sleeping bag enclosing legs and arms, tied at the neck, unable to get out for 15 minutes	0	1	2	3	4
8. Head first into a zipped up sleeping bag able to leave whenever you wish	0	1	2	3	4
9. Lying in the trunk of a car with air flowing through freely for 15 minutes	0	1	2	3	4
10. Having your legs tied to an immovable chair	0	1	2	3	4
11. In a public washroom and the lock jams	0	1	2	3	4
12. In a crowded train which stops between stations	0	1	2	3	4