

Name _____

Date: _____

MOBILITY INVENTORY

1. 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 and when you are alone. Do this by using the following scale:

| | | | | |
|-------------|--------------|---------------------------------|---------------------------|--------------|
| 1 | 2 | 3 | 4 | 5 |
| never avoid | rarely avoid | avoid about half of the time | avoid most of the time | always avoid |

Circle the number for each situation or place under both conditions: when accompanied and when alone. Leave blank situations that do not apply to you.

| PLACES | WHEN ACCOMPANIED | | | | | WHEN ALONE | | | | |
|---|------------------|---|---|---|---|------------|---|---|---|---|
| Theaters | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Supermarkets | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Shopping malls | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Classrooms | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Department stores | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Restaurants | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Museums | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Elevators | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Auditoriums/stadiums | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Garages | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| High Places | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Please tell how high | | | | | | | | | | |
| Enclosed spaces | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| OPEN SPACES | WHEN ACCOMPANIED | | | | | WHEN ALONE | | | | |
| Outside (for example: fields, wide streets, courtyards) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Inside (for example, large rooms, lobbies) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| RIDING IN | WHEN ACCOMPANIED | | | | | WHEN ALONE | | | | |
| Buses | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Trains | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Subways | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Airplanes | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Boats | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| DRIVING OR RIDING IN A CAR | WHEN ACCOMPANIED | | | | | WHEN ALONE | | | | |
| At anytime | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| On expressways | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| SITUATIONS | WHEN ACCOMPANIED | | | | | WHEN ALONE | | | | |
| Standing in lines | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Crossing bridges | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Parties or social gatherings | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Walking on the street | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Staying home alone | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Being far away from home | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Other (specify): | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

2. After completing the first step, circle the 5 items with which you are most concerned. Of the items listed, these are the five situations or places where avoidance/anxiety most affects your life in a negative way.

PANIC ATTACKS

3. We define a panic attack as:
- 1. A high level of anxiety accompanied by.....
 - 2. strong body reactions (heart palpitations, sweating, muscle tremors, dizziness, nausea) with.....
 - 3. the temporary loss of the ability to plan, think, or reason and.....
 - 4. the intense desire to escape or flee the situation (Note: this is different from high anxiety or fear alone).

Please indicate the number of panic attacks you have had in the past 7 days: _____

How severe or intense have the panic attacks been? (Place an X on the line below):

| | | | | |
|-----------|------|------------|------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| _____ | | | | |
| very mild | mild | moderately | very | extremely |

4. Many people are able to travel alone freely in the area (usually around their home) called their safety zone. Do you have such a zone? If yes, please describe:

a. Its location:

b. Its size (e.g. radius from home):

INSTRUCTIONS FOR SCORING THE MOBILITY INVENTORY FOR AGORAPHOBIA (MIA)

Avoidance. The MIA is scored by computing an average of the items on the Avoidance Alone scale and an average for the Avoidance Accompanied scale. Subjects are encouraged to skip items if the items are irrelevant to their lives. For example, they may have never had an opportunity to try a subway because none exists in their geographic region, or they have had no opportunity to attend a class as an adult and would be making an uneducated guess if they were to rate this item. However, such a strategy should result in no more than a few skipped items. If a subject skips more than 5 items, consider his/her questionnaire invalid. In a clinical setting, if many items are skipped, question his/her assertion that avoidance is not a factor.

On the other hand, a subject may give a rating for an item that makes no sense, i.e., giving an Avoidance Accompanied rating to the item, "Staying home alone." Ignore this response. If you give repeated administrations of the scale, you should write in the same content for "other" items as the subject used the first time on subsequent questionnaires to assure stability of item content.

Panic Frequency is scored as a simple frequency count.

Panic Intensity is given a 1 - 5 score depending on the response checked by the subject. If the subject has a 0 on Panic Frequency, he/she should be considered to have a missing datum on Panic Intensity even if he/she gives a response.

Copyright notice: The Mobility Inventory for Agoraphobia (MI) is copyrighted by Dianne L. Chambless, Ph.D. Permission has been granted by the author and Elsevier to reproduce the scale on this website for clinicians to use in their practice and for researchers to use in non-industry studies. For other uses of the scale, the owner of the copyright should be contacted.

Citation: Chambless DL, Caputo GC, Jasin SE, Gracely EJ, Williams C. The Mobility Inventory for Agoraphobia. Behavior Research and Therapy 23:35-44, 1985.