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## The Parkinson Anxiety Scale (PAS); English version

### A. Persistent anxiety

**Please mark one circle for each item below**

In the past four weeks, to what extent did you experience the following symptoms?

#### **A.1. Feeling anxious or nervous**

- 0. Not at all, or never
- 1. Very mild, or rarely
- 2. Mild, or sometimes
- 3. Moderate, or often
- 4. Severe, or (nearly) always

#### **A.2. Feeling tense or stressed**

- 0. Not at all, or never
- 1. Very mild, or rarely
- 2. Mild, or sometimes
- 3. Moderate, or often
- 4. Severe, or (nearly) always

#### **A.3. Being unable to relax**

- 0. Not at all, or never
- 1. Very mild, or rarely
- 2. Mild, or sometimes
- 3. Moderate, or often
- 4. Severe, or (nearly) always

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**A.4. Excessive worrying about everyday matters**

- 0. Not at all, or never
- 1. Very mild, or rarely
- 2. Mild, or sometimes
- 3. Moderate, or often
- 4. Severe, or (nearly) always

**A.5. Fear of something bad, or even the worst, happening**

- 0. Not at all, or never
- 1. Very mild, or rarely
- 2. Mild, or sometimes
- 3. Moderate, or often
- 4. Severe, or (nearly) always

**B. Episodic anxiety**

**Please mark one circle for each item below**

In the past four weeks, did you experience episodes of the following symptoms?

**B.1. Panic or intense fear**

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

**B.2. Shortness of breath**

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

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**B.3. Heart palpitations or heart beating fast (not related to physical effort or activity)**

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

**B.4. Fear of losing control**

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

C. Avoidance behaviour

Please mark one circle for each item below

In the past four weeks, to what extent did you fear or avoid the following situations?

**C.1. Social situations (where one may be observed or evaluated by others, such as speaking in public or talking to unknown people)**

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

**C.2. Public settings (situations from which it may be difficult or embarrassing to escape, such as queues or lines, crowds, bridges or public transport)**

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always

**C.3. Specific objects or situations (such as flying, heights, spiders or other animals, needles or blood)**

- 0. Never
- 1. Rarely
- 2. Sometimes
- 3. Often
- 4. Nearly always