The Mobility Inventory (MI)

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. Never avoid
2. Rarely avoid
3. Avoid about half the time
4. Avoid most of the time
5. Always avoid

(You may use numbers half-way between those listed when you think it is appropriate. For example, 3 ½ or 4 ½).
Write your score in the blanks for each situation or place under both conditions: when accompanied, and, when alone. Leave blank those situations that do not apply to you.

Place	When accompanied	When alone
Theatres	_____	_____
Supermarkets	_____	_____
Classrooms	_____	_____
Department stores	_____	_____
Restaurants	_____	_____
Museums	_____	_____
Elevators/Lifts	_____	_____
Auditoriums or stadiums	_____	_____
Car parks	_____	_____
High places	_____	_____
Tell how high		
Enclosed spaces (e.g. tunnels)	_____	_____
Open spaces:		
(A) Outside (e.g. fields, wide streets, courtyards)	_____	_____
(B) Inside (e.g. large rooms, lobbies)	_____	_____
RIDING IN:		
Buses	_____	_____
Trains	_____	_____
Underground/Tubes	_____	_____
Airplanes	_____	_____
Boats	_____	_____
Driving or riding in a car:		
(A) At any time	_____	_____
(B) On motorways	_____	_____
SITUATIONS:		
Standing in lines	_____	_____
Crossing bridges	_____	_____
Parties or social gatherings	_____	_____
Walking on the street	_____	_____
Staying at home alone	_____	_____
Being far away from home	_____	_____
Other (specify)	_____	_____