PAQ date: \_\_\_

***Read each statement below and then mark if you agree or disagree with each statement.***

1. I prefer summer to winter because winter dreariness makes me sad. \_1. Agree \_2. Disagree

2. If I could, I would be happier to go out after dusk   
rather than during the day. \_1. Agree \_2. Disagree

3. Often in winter, I'd like to go to the other hemisphere   
where it is summer time. \_1. Agree \_2. Disagree

4. My ideal house has large windows. \_1. Agree \_2. Disagree

5. I like cloudy days. \_1. Agree \_2. Disagree

6. Sunlight is so annoying to me that I have to wear sunglasses  
 when I go out. \_1. Agree \_2. Disagree

7. I prefer to stay at home on sunny days, even if it is not warm. \_1. Agree \_2. Disagree

8. I feel reborn in spring when the days start to become longer. \_1. Agree \_2. Disagree

9. Usually, strong sunlight annoys me. \_1. Agree \_2. Disagree

10. I prefer rooms that are in semi-darkness. \_1. Agree \_2. Disagree

11. I prefer sunlight to semi-darkness. \_1. Agree \_2. Disagree

12. Looking at a very bright view annoys me. \_1. Agree \_2. Disagree

13. I can't stand light reflecting off the snow. \_1. Agree \_2. Disagree

14. I think summer annoys me because it's too bright. \_1. Agree \_2. Disagree

15. Sunlight is like therapy for me. \_1. Agree \_2. Disagree

16. I prefer walking in the sunlight if the weather is cool. \_1. Agree \_2. Disagree

Photophilia Subdimension (Phi): \_\_\_

Photophobia Subdimension (Pho): \_\_\_

Scoring:

Recode responses so that Affirmative answers are rated as 1 and negative ones as 0, except for item 5 where the scores are reversed (yes = 0, no = 1).

Subscores

Photophilia (those who actively search light)= sum of items 1, 3, 4, 5, 8, 11, 15, 16 divided by 8 (range 0 to 1)

Photophobia (those who actively avoid light)= sum of items 2, 6, 7, 9, 10, 12, 13, 14 divided by 8 (range 0 to 1)

Reference

Bossini L, Fagiolini A, Valdagno M, Padula L, Hofkens T, Catrogiovannie P. Photosensitivity in panic disorder. Depression & Anxiety, 2009, 26(1); E34-E36. doi 10.1002/da.20477

Wu, Y., Hallett, M. Photophobia in neurologic disorders. Transl Neurodegener 6, 26 (2017). https://doi.org/10.1186/s40035-017-0095-3