

## 한국판 알바니 공황-공포 질문지 타당화 연구

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### A Validation Study of Korean Albany Panic and Phobia Questionnaire(APPQ)

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**Objectives :** The Albany Panic and Phobia Questionnaire (APPQ) was developed to assess fear of activities that may elicit physical sensation in panic patients. There are three subscales (Agoraphobia, Social phobia, and Interoceptive fear) in the scale. The present study was conducted to determine the validity and reliability of APPQ in Korean population.

**Methods :** One hundred thirty five panic patients and 135 community samples and were enrolled in this study. All subjects completed a psychometric assessment package which included APPQ, ASI-R, ACQ, BSQ, BAI, BDI.

**Results :** 1) APPQ showed good internal consistency (Cronbach's  $\alpha = .95$ ) and high test-retest reliabilities ( $r = .77$ ). 2) APPQ showed moderate correlations with ASI-R ( $r = .67$ ), ACQ ( $r = .67$ ), BSQ ( $r = .59$ ) and BAI ( $r = .64$ ). 3) An exploratory factor analysis revealed 3 factors (Agoraphobia, Social Phobia and Interoceptive fear). 4) Panic patients (with or without agoraphobia) had significantly higher scores of the APPQ interoceptive subscale than the community samples ( $F_{(2,27)} = 24.27$ ,  $p < .001$ ).

**Conclusion :** We found that APPQ and its 3 subscales carry valuable internal consistency, test-retest reliability, and convergent and construct validity. These results suggest that APPQ is a reliable and valid instrument to assess patients with panic disorder. (J Korean Neuropsychiatr Assoc 2004;43 (3) :329-336)

**KEY WORDS :** Panic disorder · Agoraphobia · Interoceptive fear.

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가

(interoceptive)

6)

7) Barlow<sup>4)</sup>

가 (Panic Attack with Agoraphobia : PDA) 가 Rapee PDA 가 (interoceptive fear) PDA

APPQ 가 APPQ APPQ APPQ가

방 법

연구대상

APPQ (anxiety sensitivity) (fear of fear) APPQ (interoceptive fear) (agoraphobia) (social phobia) APPQ(the Albany panic and phobia questionnaire)

DSM - ADIS - 가가 135 (Panic Disorder with Agoraphobia : PDA) 90 (Panic Disorder without Agoraphobia : PD) 45 20 66 (74 ) 41.8 (SD=9.89), (61 ) 40.1 (SD=8.03) 가 135 20 68 (74 ) 40.7 (SD=9.96), (61 ) 38.4 (SD=7.97) 가

측정도구

(ASI), (ACQ), (BSQ)

Albany 공황-공포 질문지(Albany Panic and Phobia Questionnaire ; APPQ) Rapee 가

가  
 APPQ 27 ; 5 (1 - )  
 (0 - ; 8 - ) (Cronbach 's alpha) .93

Beck의 불안척도(Beck Anxiety Inventory ; BAI)  
 가 Beck<sup>19)</sup>  
 가 Beck<sup>20)</sup> BAI  
 21  
 4 (0 - )  
 가 ; 3 - ) (Cronbach 's  
 alpha) .93

Beck의 우울척도(Beck Depression Inventory ;  
 BDI)  
 가 Beck<sup>21)</sup>  
 가 Beck<sup>22)</sup> BDI  
 21  
 (Cronbach 's alpha)

한국어 확장판 불안민감도 지수(The Korean Ex-  
 panded Anxiety Sensitivity Index ; ASI-R)  
 가 Taylor  
 ASI 16 6  
 Cox<sup>15)</sup> 26 가 36 .90  
 16)  
 ASI - R  
 0 ( ) 4 ( )  
 (Cronbach 's alpha) .96

자료수집  
 2002 4 2003 11  
 2

광장공포인지 질문지(Agoraphobic Cognitions Que-  
 stionnaire ; ACQ)  
 14 . Chambless<sup>17)</sup>  
 18)  
 5 (1 - ; 5 )  
 (Cronbach 's alpha) .90

연구절차  
 135  
 135  
 APPQ  
 (Cronbach 's alpha),  
 가

신체감각 질문지(Body Sensation Questionnaire ;  
 BSQ)  
 (PDA) 가 (PD) ,  
 17 ANOVA  
 . Chambless<sup>17)</sup>  
 18)  
 , APPQ

APPQ ASI - R, ACQ, .77 , APPQ  
 BSQ, BAI, BDI 가  
 APPQ .42 .72  
 SPSS 11.0 for WINDOWS가 (Table 1).  
 타당도  
 결과  
 집단간 비교  
 신뢰도 PDA PD , , APPQ PDA  
 APPQ Cronbach 's PD ,  
 .95, .92, .91, .92 PDA PD ,  
 .87 .92 PDA PD ,  
 가 PDA PD , PDA PD  
 가 , - , PDA PD  
 38 .2 가 , ,

**Table 1.** Item-total correlations and questionnaire on the Albany panic and phobia questionnaire (n=135)

ITC	Item number and contents	0	1	2	3	4	5	6	7	8
.54	1.	0	1	2	3	4	5	6	7	8
.59	2. 가	0	1	2	3	4	5	6	7	8
.60	3.	0	1	2	3	4	5	6	7	8
.67	4.	0	1	2	3	4	5	6	7	8
.63	5.	0	1	2	3	4	5	6	7	8
.65	6.	0	1	2	3	4	5	6	7	8
.52	7.	0	1	2	3	4	5	6	7	8
.63	8.	0	1	2	3	4	5	6	7	8
.58	9.	0	1	2	3	4	5	6	7	8
.64	10.	0	1	2	3	4	5	6	7	8
.68	11. 가	0	1	2	3	4	5	6	7	8
.60	12.	0	1	2	3	4	5	6	7	8
.66	13.	0	1	2	3	4	5	6	7	8
.72	14.	0	1	2	3	4	5	6	7	8
.63	15.	0	1	2	3	4	5	6	7	8
.72	16.	0	1	2	3	4	5	6	7	8
.42	17.	0	1	2	3	4	5	6	7	8
.68	18.	0	1	2	3	4	5	6	7	8
.61	19. 가	0	1	2	3	4	5	6	7	8
.65	20.	0	1	2	3	4	5	6	7	8
.54	21.	0	1	2	3	4	5	6	7	8
.69	22.	0	1	2	3	4	5	6	7	8
.54	23.	0	1	2	3	4	5	6	7	8
.66	24. 가	0	1	2	3	4	5	6	7	8
.71	25. 가	0	1	2	3	4	5	6	7	8
.60	26.	0	1	2	3	4	5	6	7	8
.69	27. 가	0	1	2	3	4	5	6	7	8

**Table 2.** ANOVA between PDA (n=90), PD (n=45), and control group (n=135) on the APPQ factors

	PDA	PD	Control group	F	Post Hoc
APPQ total score	65.90 (39.04)	47.27 (30.49)	40.11 (25.30)	18.28*	1>2 1>3
APPQ factor I : Agoraphobia	25.45 (17.21)	15.40 (12.42)	12.90 ( 9.96)	24.83*	1>2 1>3
APPQ factor II : Social Phobia	19.38 (14.28)	14.47 (11.94)	16.41 (11.77)	2.58	
APPQ factor III : Interoceptive Fear	21.07 (13.37)	17.40 (11.72)	10.90 ( 8.54)	24.27*	1>3 2>3

APPQ : the Albany Panic and Phobia Questionnaire, PD : Panic Disorder without Agoraphobia Group, PDA : Panic Disorder with Agoraphobia Group, 1 : PDA, 2 : PD, 3 : control group, \* : p<0.001

가 (Table 2).

탐색적 요인분석  
 , eigenvalue 1  
 5  
 3  
 3  
 3  
 .3  
 53.84%  
 3  
 (Table 3).  
 , Rapee (1995)  
 (2, 11, 13, 14, 16, 18, 20, 25, 27  
 ), (1, 5, 8, 9, 12, 15, 21, 22, 23, 24 ),  
 (3, 4, 6, 7, 10, 17, 19, 26 )  
 ,  
 , 가 ,  
 ,  
 .7 ( )  
 , 26 ( )  
 , 17 ( )  
 )  
 Rapee 8)

**Table 3.** Factor loadings for APPQ items (n=135)

Origin factor	Item No.	Factor1	Factor2	Factor3
Agoraphobia	2	.62		
Agoraphobia	11	.88		
Agoraphobia	13	.73		
Agoraphobia	14	.66		
Agoraphobia	16	.54		
Agoraphobia	18	.49		
Agoraphobia	20	.78		
Agoraphobia	25	.79		
Interoceptive	26	.39		.30
Agoraphobia	27	.70		
Social phobia	1		.73	
Social phobia	5		.54	
Interoceptive	7		.30	.22
Social phobia	8		.91	
Social phobia	9		.83	
Social phobia	12		.81	
Social phobia	15		.48	
Social phobia	21		.47	
Social phobia	22		.76	
Social phobia	23		.71	
Social phobia	24		.54	
Interoceptive	3			.88
Interoceptive	4			.70
Interoceptive	6			.51
Interoceptive	10			.95
Interoceptive	17		.27	.28
Interoceptive	19			.49

Principal Axis Factor Analysis, Oblimin Rotation, APPQ : the Albany Panic and Phobia Questionnaire, Factor1 : agoraphobia, Factor2 : social phobia, Factor3 : interoceptive fear, interoceptive : interoceptive fear

다른 척도들과의 상관

APPQ ASI - R,  
 ACQ, BSQ, BAI, BDI  
 APPQ ASI - R, ACQ, BAI, BSQ  
 . ACQ AP- , BDI  
 PQ 가 , APPQ  
 , ASI - R, BSQ, BAI APPQ  
 (Table 4).

**Table 4.** Pearson correlations among APPQ factors and measures of other clinical variables (n=135)

	APPQ	Agora	Social	Intero	ASI-R	ACQ	BSQ	BAI
Agora	.897*							
Social	.831*	.591*						
Intero	.869*	.696*	.592*					
ASI-R	.674*	.593*	.577*	.582*				
ACQ	.668*	.629*	.546*	.553*	.757*			
BSQ	.586*	.527*	.512*	.482*	.733*	.646*		
BAI	.643*	.551*	.567*	.555*	.719*	.780*	.629*	
BDI	.507*	.471*	.436*	.404*	.500*	.501*	.453*	.579*

APPQ : the Albany Panic and Phobia Questionnaire, Agora : agoraphobia subscale, Social : social phobia subscale, Intero : interoceptive fear subscale, ASI-R : the Expanded Anxiety Sensitivity Index, ACQ : Agoraphobic Cognitions Questionnaire, BSQ : Body Sensation Questionnaire, BAI : Beck Anxiety Inventory, BDI : Beck Depression Inventory, \* : p<0.01

**Table 5.** Mean differences between male and female panic patients on APPQ factors

APPQ Factors	Total subjects (n=135)	Mean (S.D.)		t
		Male subjects (n=74)	Female subjects (n=61)	
APPQ factor I : Agoraphobia	22.05 (16.41)	19.91 (16.20)	24.75 (16.42)	- 1.702
APPQ factor II : Social phobia	17.71 (13.69)	18.28 (15.10)	17.00 (11.77)	.536
APPQ factor III : Interoceptive fear	19.83 (12.91)	19.92 (13.36)	19.71 (12.44)	.092
APPQ total score	59.59 (37.32)	58.11 (39.77)	61.46 (34.25)	- .513

APPQ : the Albany Panic and Phobia Questionnaire

성별간 차이

8)  
 APPQ 3  
 (Table 5). 가 APPQ가 8)  
 고 찰  
 가 Rapee 8) , APPQ  
 APPQ 가  
 APPQ 가  
 가 3  
 PDA, PD, 3 AP- APPQ ,  
 PQ PDA , 3 가  
 , 3  
 PDA  
 가  
 PDA, PD  
 , APPQ ASI - R, ACQ, BSQ,  
 , Rapee BAI

가

결론

가

APPQ가

ASI - R 가

APPQ

8)

. APPQ

APPQ

ACQ

가

APPQ

, APPQ

. PDA , PD ,

, ASI - R, ACQ, BAI

, APPQ가 ,

. BDI가

3

, APPQ

, APPQ ASI - R, ACQ, BSQ, BAI, BDI

8)

. APPQ

APPQ

가

가

가

APPQ가

, APPQ

가

가

중심 단어 :

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APPQ가

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APPQ 3

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