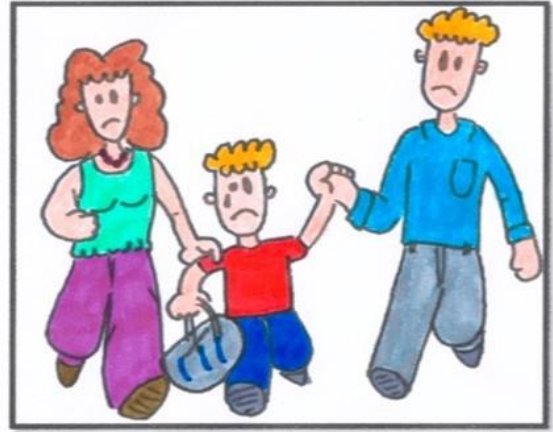## Design and Validation of a Scale to Measure Fear of the Aquatic Environment in children

Annex 1. Instrument to measure fear of the aquatic environment.

AICS1. When you go swimming your parents are…

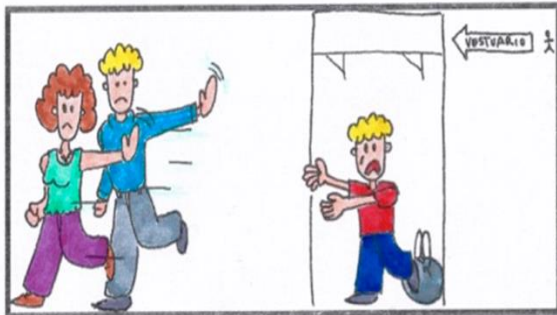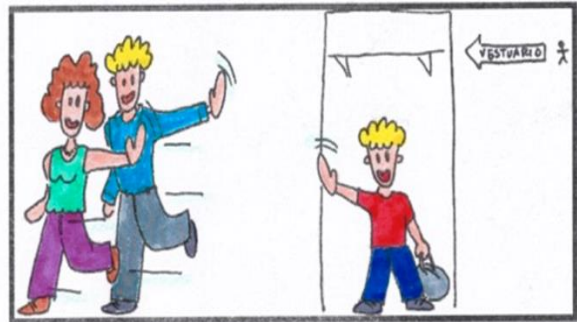A. Happy   B. Sad

AICS2. When your parents leave you alone in the changing rooms…

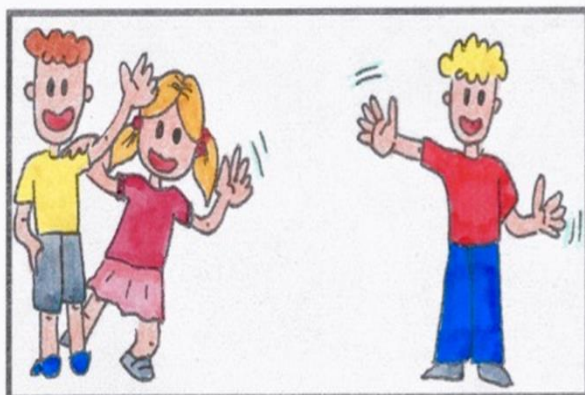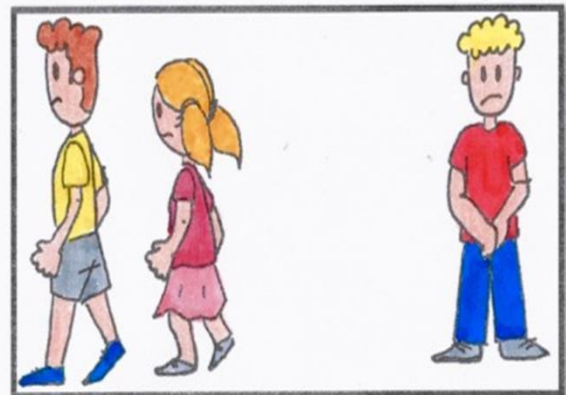

A. You don't want them to leave   B. You're happy when they leave

AICS3. When you arrive at the pool and you see your classmates…

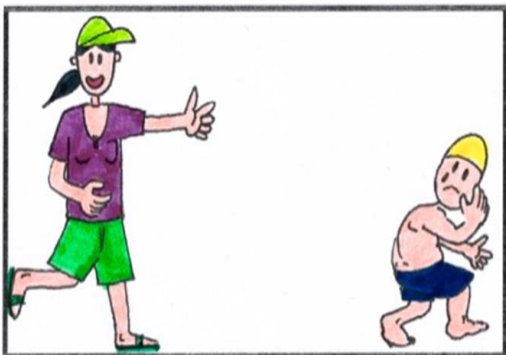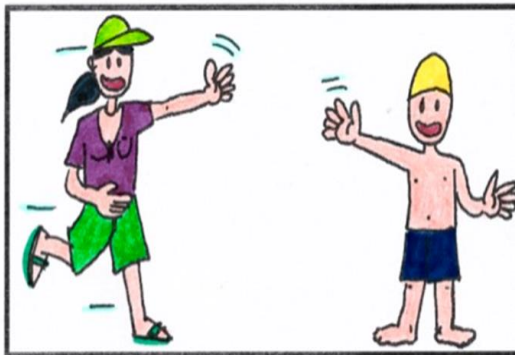A. They are happy to see you   B. They don't say anything to you

AICS4. When you arrive the instructor comes over…
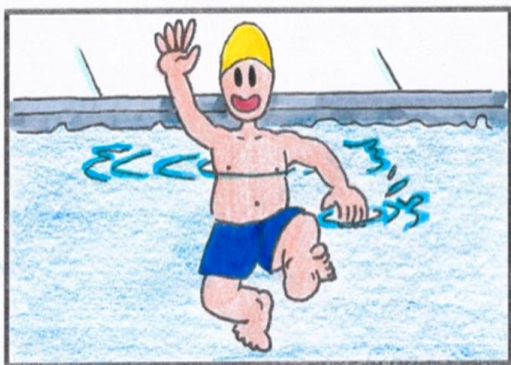

A. You don't like that   B. You like that

AICS5. When you're in the pool and you can't touch the bottom …
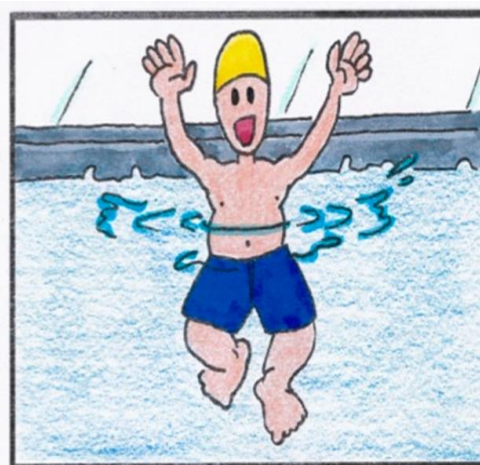

A. You swim with no problem   B. You are frightened

AICS6. When you're in the pool…

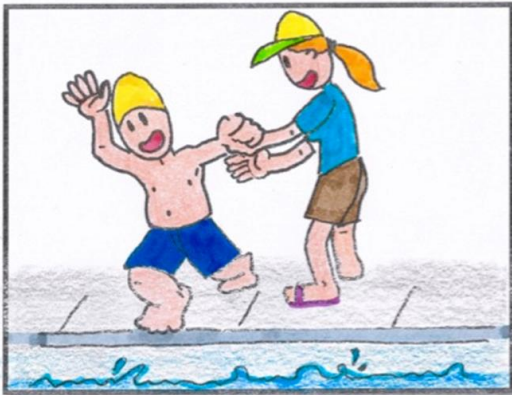A. You`re frightened   B. You enjoy it
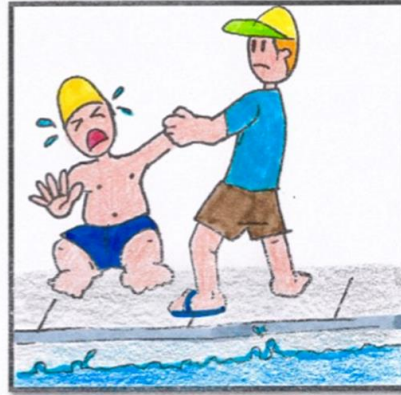
Design and validation of fear of the aquatic environment   3

AICS7. When you're at the pool and they throw you in the water…

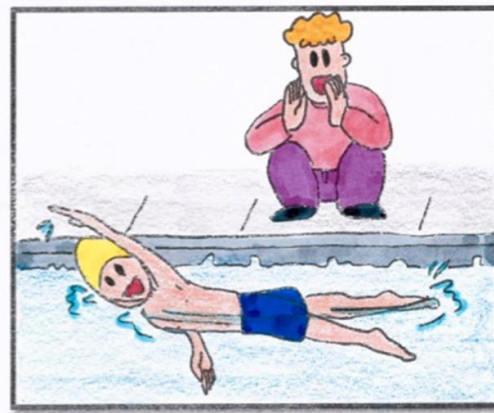A. You enjoy it   B. You don't want them to throw you in
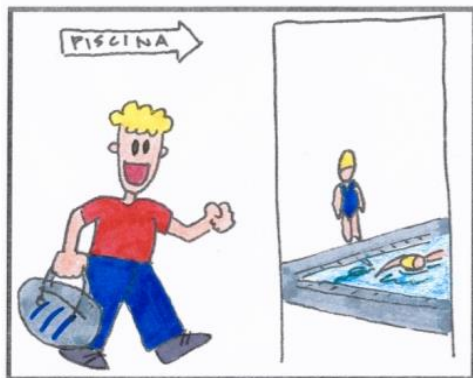
AICS8. When you're in the water…

A. You want to get out quickly   B. You want to stay in longer

AICS9. When you arrive at the pool…
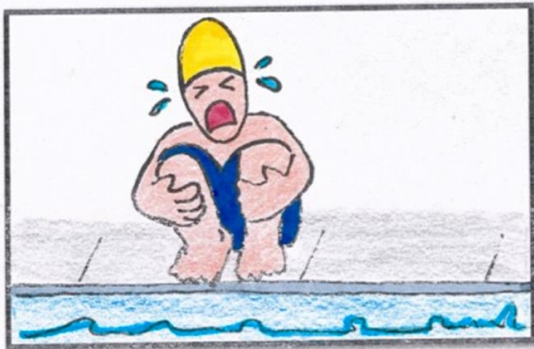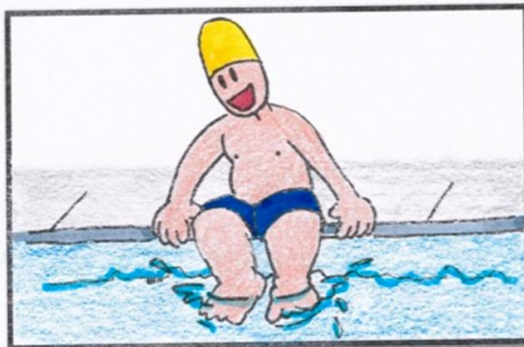

A. You get changed and are happy to go in   B. You don't want to go in and cry

AICS10. When you have to go in the water …

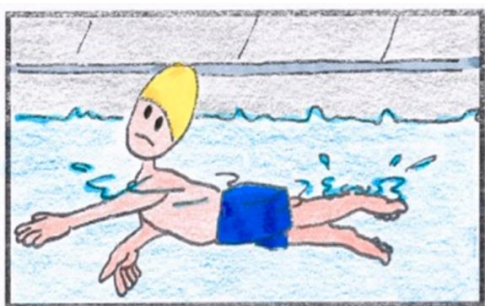| A. You don't like it | B. You like it |

AICS11. When you go to the pool…

| A. You're happy | B. You're sad |

AICS12. How much do you like swimming?
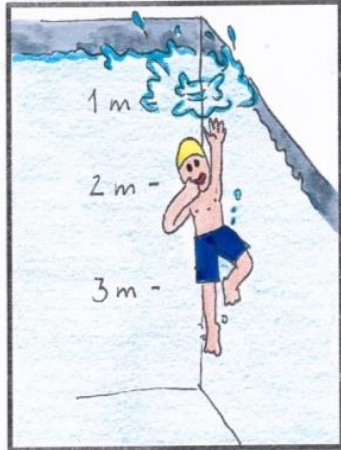
| A. Not at all | B. A lot |

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AICS13. When the pool is deep…

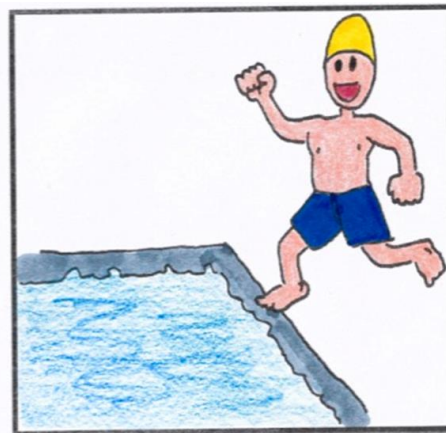A. You go in and swim with no problem   B. You're frightened and don't want to swim

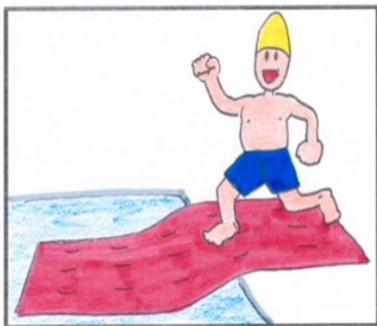AICS14. If the pool is big…

A. You don't like it   B. You like it

AICS15. When the instructor gets out a floating mat to walk over, you…

A. Do it the first time   B. Don't want to do it

AICS16. When you have to jump in the water…

A. You sit on the edge and are worried about going in because you don't know what to do

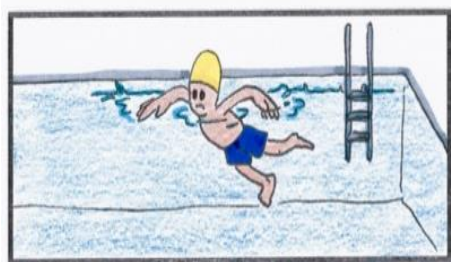B. You jump in alone and are happy because you know what to do

AICS17. You like swimming most…

A. with a swimming aid

B. Alone

AICS18. When you have to swim a long way…

A. You don't move because you don't know how to

B. You move forward in the water