

Social Interaction Anxiety Scale

Instructions

In this section, for each item, please circle the number to indicate the degree to which you feel the statement is characteristic or true for you. *The rating scale is as follows:*

- 0 = **Not at all** characteristic or true of me.
 1 = **Slightly** characteristic or true of me.
 2 = **Moderately** characteristic or true of me.
 3 = **Very** characteristic or true of me.
 4 = **Extremely** characteristic or true of me

Characteristic		Not at all	Slightly	Moderately	Very	Extremely
01.	I get nervous if I have to speak with someone in authority (teacher, boss).	0	1	2	3	4
02.	I have difficulty making eye contact with others.	0	1	2	3	4
03.	I become tense if I have to talk about myself or my feelings.	0	1	2	3	4
04.	I find it difficult to mix comfortably with the people I work with.	0	1	2	3	4
05.	I find it easy to make friends my own age.	0	1	2	3	4
06.	I tense up if I meet an acquaintance in the street.	0	1	2	3	4
07.	When mixing socially, I am uncomfortable.	0	1	2	3	4
08.	I feel tense when I am alone with just one person.	0	1	2	3	4
09.	I am at ease meeting people at parties, etc.	0	1	2	3	4
10.	I have difficulty talking with other people.	0	1	2	3	4
11.	I find it easy to think of things to talk about.	0	1	2	3	4
12.	I worry about expressing myself in case I appear awkward.	0	1	2	3	4
13.	I find it difficult to disagree with another's point of view.	0	1	2	3	4

(continued)

Characteristic		Not at all	Slightly	Moderately	Very	Extremely
14.	I have difficulty talking to attractive persons of the opposite sex.	0	1	2	3	4
15.	I find myself worrying that I won't know what to say in social situations.	0	1	2	3	4
16.	I am nervous mixing with people I don't know well.	0	1	2	3	4
17.	I feel I'll say something embarrassing when talking.	0	1	2	3	4
18.	When mixing in a group, I find myself worrying I will be ignored.	0	1	2	3	4
19.	I am tense mixing in a group.	0	1	2	3	4
20.	I am unsure whether to greet someone I know only slightly.	0	1	2	3	4

Scoring	Total Score:	Reserve Items: 5, 9, 11
	Interpretation:	34+ Social Phobia is probable.
		43+ Social Anxiety is probable.