



Social Interaction Anxiety Scale (SIAS-6) and Social Phobia Scale (SPS-6)

Name:	Date:
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Instructions: For each question, please circle a number to indicate the degree to which you feel the statement is characteristic or true of you. The rating scale is as follows:.

	0	1	2	3	4
	Not at all characteristic or true of me	Slightly characteristic or true of me	Moderately characteristic or true of me	Very characteristic or true of me	Extremely characteristic or true of me
1. I have difficulty making eye contact with others	0	1	2	3	4
2. I find it difficult mixing comfortably with the people I work with	0	1	2	3	4
3. I tense up if I meet an acquaintance on the street	0	1	2	3	4
4. I feel tense if I am alone with just one person	0	1	2	3	4
5. I have difficulty talking with other people	0	1	2	3	4
6. I find it difficult to disagree with another's point of view	0	1	2	3	4
7. I get nervous that people are staring at me as I walk down the street	0	1	2	3	4
8. I worry about shaking or trembling when I'm watched by other people	0	1	2	3	4
9. I would get tense if I had to sit facing other people on a bus or train	0	1	3	3	4
10. I worry I might do something to attract the attention of other people	0	1	2	3	4
11. When in an elevator, I am tense if people look at me	0	1	2	3	4
12. I can feel conspicuous standing in a line	0	1	2	3	4

SCORING: SIAS-6: Items 1-6 ; SPS-6: Items 7-12. Scores are calculated by summing the 6 ratings for each scale. There are no reverse-scored items.