

SPS

name: _____

date: _____

For each question, please tick the box which indicates the degree to which you feel the statement has been true for you ***in the agreed time period***. 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

		<i>not at all</i>	<i>slightly</i>	<i>moderately</i>	<i>very</i>	<i>extremely</i>
1	I become anxious if I have to write in front of other people					
2	I become self-conscious when using public toilets					
3	I can suddenly become aware of my own voice & of others listening to me					
4	I get nervous that people are staring at me as I walk down the street					
5	I fear I may blush when I am with others					
6	I feel self-conscious if I have to enter a room where others are already seated					
7	I worry about shaking or trembling when I'm watched by other people					
8	I would get tense if I have to sit facing people on a bus or a train					
9	I get panicky that others might see me faint, or get sick or ill					
10	I would find it difficult to drink something if in a group of people					
11	it would make me feel self-conscious to eat in front of a stranger at a restaurant					

please turn over

		<i>not at all</i>	<i>slightly</i>	<i>moderately</i>	<i>very</i>	<i>extremely</i>
12	I am worried people will think my behaviour odd					
13	I would get tense if I have to carry a tray across a crowded cafeteria					
14	I worry I'll lose control of myself in front of other people					
15	I worry I might do something to attract the attention of other people					
16	when in an elevator, I am tense if people look at me					
17	I can feel conspicuous standing in a line					
18	I can get tense when speaking in front of other people					
19	I worry my head will shake or nod in front of others					
20	I feel awkward and tense if I know people are watching me					

for each question score 0 for "not at all", 1 for "slightly", 2 for "moderately", 3 for "very", and 4 for "extremely"

_____ *subtotal page 1*

_____ *subtotal page 2*

_____ ***total score***

Social phobia scale by Mattick R. P., Clarke J. C. quoted in Cox B. J. & Swinson R. P. *Assessment and measurement in social phobia: clinical and research perspectives*. Stein M. B. (ed). Washington,DC: American Psychiatric Press, 1995.
