

## Social Phobia Inventory

Initials: \_\_\_\_\_ Age: \_\_\_\_\_ Male/Female Date: \_\_\_\_\_

Please circle a number next to each statement. How much have the following problems bothered you during the past week, if at all? Circle only one number. This is what each number represents: 0=not at all, 1= a little bit, 2= somewhat, 3= very much and 4= extremely. Be sure to answer all statements.

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. I am afraid of people in authority.   | 0 | 1 | 2 | 3 | 4 |
| 2. I am bothered by blushing in front of people.                                   | 0 | 1 | 2 | 3 | 4 |
| 3. Parties and social events scare me.   | 0 | 1 | 2 | 3 | 4 |
| 4. I avoid talking to people I do not know.  | 0 | 1 | 2 | 3 | 4 |
| 5. Being criticized scares me a lot.   | 0 | 1 | 2 | 3 | 4 |
| 6. Fear of embarrassment causes me to avoid<br>doing things or speaking to people. | 0 | 1 | 2 | 3 | 4 |
| 7. Sweating in front of people causes me distress.                                 | 0 | 1 | 2 | 3 | 4 |
| 8. I avoid going to parties.   | 0 | 1 | 2 | 3 | 4 |
| 9. I avoid activities in which I am the center of attention.                       | 0 | 1 | 2 | 3 | 4 |
| 10. Talking to strangers scares me.  | 0 | 1 | 2 | 3 | 4 |
| 11. I avoid having to give speeches.   | 0 | 1 | 2 | 3 | 4 |
| 12. I would do anything to avoid being criticized.                                 | 0 | 1 | 2 | 3 | 4 |
| 13. Heart palpitations bother when I am around people.                             | 0 | 1 | 2 | 3 | 4 |
| 14. I am afraid of doing things when people might be watching.                     | 0 | 1 | 2 | 3 | 4 |
| 15. Being embarrassed or looking stupid are my worst fears.                        | 0 | 1 | 2 | 3 | 4 |
| 16. I avoid speaking to anyone in authority.                                       | 0 | 1 | 2 | 3 | 4 |
| 17. Trembling or shaking in front of others is distressing me.                     | 0 | 1 | 2 | 3 | 4 |

**TOTAL SCORE:** \_\_\_\_\_