**Social Interaction Anxiety Scale (SIAS)**

For each question, please fill in the blank with 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 = 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

1. I get nervous if I have to speak with someone in authority (teacher, boss).  
2. I have difficulty making eye-contact with others.  
3. I become tense if I have to talk about myself or my feelings.  
4. I find it difficult mixing comfortably with the people I work with.  
5. I find it easy to make friends of my own age.  
6. I tense-up if I meet an acquaintance in the street.  
7. When mixing socially, I am uncomfortable.  
8. I feel tense if I am alone with just one person.  
9. I am at ease meeting people at parties, etc.  
10. I have difficulty talking with other people.  
11. I find it easy to think of things to talk about.  
12. I worry about expressing myself in case I appear awkward.  
13. I find it difficult to disagree with another's point of view.  
14. I have difficulty talking to a potential romantic partner.  
15. I find myself worrying that I won't know what to say in social situations.  
16. I am nervous mixing with people I don't know well.  
17. I feel I'll say something embarrassing when talking.  
18. When mixing in a group, I find myself worrying I will be ignored.  
19. I am tense mixing in a group.  
20. I am unsure whether to greet someone I know only slightly.

The Social Interaction Anxiety Scale (SIAS). Reprinted with the permission of Richard P. Mattick. Note that there is also a published 19-item version, which omits item 5 above. Note that the wording of item 14 has been modified to remove heterocentric bias.