

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.