

Social Phobia Scale (SPS)

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 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 and 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 had to sit facing other people on a bus or a train.
- _____ 9. I get panicky that others might see me faint or be 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.
- _____ 12. I am worried people will think my behavior odd.
- _____ 13. I would get tense if I had 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 I speak 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.

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