

## Liebowitz Social Anxiety Scale (LSAS)

This measure assesses the way that social phobia plays a role in your life across a variety of situations. Read each situation carefully and answer two questions about that situation. The first question asks how anxious or fearful you feel in the situation. The second question asks how often you avoid the situation. If you come across a situation that you ordinarily do not experience, we ask that you imagine “what if you were faced with that situation,” and then, rate the degree to which you would fear this hypothetical situation and how often you would tend to avoid it. Please base your ratings on the way that the situations have affected you in the last week. *Fill out the following scale with the most suitable answer provided below.*

Fear or Anxiety

0 = None

1 = Mild

2 = Moderate

3 = Severe

Avoidance

0 = Never (0%)

1 = Occasionally (1%–33%)

2 = Often (33%–67%)

3 = Usually (68%–100%)

	Fear	Avoid
1. Telephoning in public		
2. Participating in small groups		
3. Eating in public places		
4. Drinking with others in public places		
5. Talking to people in authority		
6. Acting, performing, or giving a talk in front of an audience		
7. Going to a party		
8. Working while being observed		
9. Writing while being observed		
10. Calling someone you don't know very well		
11. Talking with people you don't know very well		
12. Meeting strangers		

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Managing Social Anxiety.

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	<b>Fear</b>	<b>Avoid</b>
13. Urinating in a public bathroom		
14. Entering a room when others are already seated		
15. Being the center of attention		
16. Speaking up at a meeting		
17. Taking a test		
18. Expressing a disagreement or disapproval to people you don't know very well		
19. Looking at people you don't know very well in the eyes		
20. Giving a report to a group		
21. Trying to pick up someone		
22. Returning goods to a store		
23. Giving a party		
24. Resisting a high pressure salesperson		
Total Fear Subscale		
Total Avoidance Subscale		
<b>TOTAL SCORE</b>		

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