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 attractive persons of the opposite sex.
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.


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