
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 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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