

## 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 | Avoidance                 |
|-----------------|---------------------------|
| 0 = None        | 0 = Never (0%)            |
| 1 = Mild        | 1 = Occasionally (1%–33%) |
| 2 = Moderate    | 2 = Often (33%–67%)       |
| 3 = Severe      | 3 = Usually (67%–100%)    |

Fear and avoidance ratings scales for use by the client during clinician administration of Liebowitz Social Anxiety Scale. This scale is copyrighted and may not be reproduced without the permission of the copyright holder, Michael R. Liebowitz, M. D., who can be reached at [MRL1945@aol.com](mailto:MRL1945@aol.com) or (212)543-5370.

|   | Fear |     | Avoidance |     |
|---|------|-----|-----------|-----|
|   | (S)  | (P) | (S)       | (P) |
| 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                |      |     |           |     |

|   | Fear |     | Avoidance |     |
|---|------|-----|-----------|-----|
|   | (S)  | (P) | (S)       | (P) |
| 12. Meeting strangers   |      |     |           |     |
| 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 |      |     |           |     |

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|  | Fear |     | Avoidance |     |
|--|------|-----|-----------|-----|
|  | (S)  | (P) | (S)       | (P) |
| 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                  |      |     |           |     |
| Performance Subscales                                      |      |     |           |     |
| Social Interaction Subscales                               |      |     |           |     |
| Total Fear Subscale  |      |     |           |     |
| Total Avoidance Subscale                                   |      |     |           |     |
| TOTAL SCORE  |      |     |           |     |

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