

SIAS

name: _____

date: _____

For each question, please tick the box which indicates the degree to which you feel the statement has been true for you ***in the agreed time period***. 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*

		<i>not at all</i>	<i>slightly</i>	<i>moderately</i>	<i>very</i>	<i>extremely</i>
1	I get nervous if I have to speak to 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 do not 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 not at ease meeting people at parties etc					
10	I have difficulty talking with other people					
11	I do not find it easy to think of things to talk about					

please turn over

		<i>not at all</i>	<i>slightly</i>	<i>moderately</i>	<i>very</i>	<i>extremely</i>
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					

for each question score 0 for "not at all", 1 for "slightly", 2 for "moderately", 3 for "very", and 4 for "extremely"

_____ *subtotal page 1*

_____ *subtotal page 2*

_____ ***total score***

Mattick RP, Clarke JC. quoted in Cox BJ & Swinson RP.
Assessment and measurement in social phobia: clinical and research perspectives.
Stein MB (ed). Washington,DC: American Psychiatric Press, 1995.
