

# **social cognitions questionnaire**

name: ..... date: .....

Listed below are some thoughts that go through people's minds when they are nervous or frightened. Indicate, on the LEFT hand side of the form, how often **in the last week** each thought has occurred; rate each thought from 1 to 5 using the following scale:

1. Thought never occurs;
2. Thought rarely occurs;
3. Thought occurs during half of the times when I am nervous;
4. Thought usually occurs;
5. Thought always occurs when I am nervous

___	I will be unable to speak	___
___	I am unlikeable	___
___	I am going to tremble or shake uncontrollably	___
___	People will stare at me	___
___	I am foolish	___
___	People will reject me	___
___	I will be paralysed with fear	___
___	I will drop or spill things	___
___	I am going to be sick	___
___	I am inadequate	___
___	I will babble or talk funny	___
___	I am inferior	___
___	I will be unable to concentrate	___
___	I will be unable to write properly	___
___	People are not interested in me	___
___	People won't like me	___
___	I am vulnerable	___
___	I will sweat/perspire	___
___	I am going red	___
___	I am weird/different	___
___	People will see I am nervous	___
___	People think I am boring	___
___	Other thoughts not listed (please specify):	___
___	_____	___

When you feel anxious how much do you believe each thought to be true. Please rate each thought by choosing a number from the scale below, and put the number which applies on the line on the RIGHT hand side of the form.

0    10    20    30    40    50    60    70    80    90    100  
*I do not believe this thought* *I am completely convinced this thought is true*

*SCQ: developed by Adrian Wells, Lucia Stopa & David M Clark (1993)*

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