

Social Interaction Anxiety Scale

SOCIAL INTERACTION ANXIETY SCALE

Name: _____ Age: _____

Gender: _____ Date of assessment: _____ dd / mm / yyyy

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

I get nervous if I have to speak with someone in authority (teacher, boss).

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I have difficulty making eyecontact with others.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I become tense if I have to talk about myself or my feelings.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I find it difficult mixing comfortably with the people I work with.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I find it easy to make friends of my own age.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I tenseup if I meet an acquaintance in the street.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

When mixing socially, I am uncomfortable.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I feel tense if I am alone with just one person.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I am at ease meeting people at parties, etc.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I have difficulty talking with other people.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I find it easy to think of things to talk about.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I worry about expressing myself in case I appear awkward.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I find it difficult to disagree with another's point of view.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I have difficulty talking to a potential romantic partner.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I find myself worrying that I won't know what to say in social situations.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I am nervous mixing with people I don't know well.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I feel I'll say something embarrassing when talking.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

When mixing in a group, I find myself worrying I will be ignored.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I am tense mixing in a group.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4

I am unsure whether to greet someone I know only slightly.

☐ ☐ ☐ ☐ ☐

0 1 2 3 4