

Social Phobia Inventory Scale

	beside each statement below, please tick the box that best describes how you have been feeling during the last week or other agreed time period:	0 = Not at all	1 = A little	2 = Moderately	3 = A lot	4 = Extremely
01	I am afraid of people in authority	0	1	2	3	4
02	I am bothered by blushing in front of people	0	1	2	3	4
03	Parties and social events scare me	0	1	2	3	4
04	I avoid talking to people I don't know	0	1	2	3	4
05	Being criticized scares me a lot	0	1	2	3	4
06	I avoid doing things or speaking to people for fear of embarrassment	0	1	2	3	4
07	Sweating in front of people causes me distress	0	1	2	3	4
08	I avoid going to parties	0	1	2	3	4
09	I avoid activities in which I am the centre of attention	0	1	2	3	4
10	talking to strangers scares me	0	1	2	3	4
11	I avoid having to give speeches	0	1	2	3	4
12	I would do anything to avoid being criticized	0	1	2	3	4
13	Heart palpitations bother me when I am around people	0	1	2	3	4
14	I am afraid of doing things when people might be watching	0	1	2	3	4
15	Being embarrassed or looking stupid are among my worse fears	0	1	2	3	4
16	I avoid speaking to anyone in authority	0	1	2	3	4
17	Trembling or shaking in front of others is distressing to me	0	1	2	3	4
	Totals					

Connor KM, et al. Psychometric properties of the Social Phobia Inventory. Br J Psych 2000; 176: 379-386.

< 20
none

20's
mild

30's
moderate

40's
severe