Social Phobia Inventory

Initials _____Age _____Sex _____Date _____ID#_____

Please check how much the following problems have bothered you during the past week. Mark only one box for each problem, and be sure to answer all items.

	Not at all	A little bit	Somewhat	Very much	Extremely
1. I am afraid of people in authority.	0	1	2	3	4
2. I am bothered by blushing in front of people.	0	1	2	3	4
3. Parties and social events scare me.	0	1	2	3	4
4. I avoid talking to people I don't know.	0	1	2	3	4
5. Being criticized scares me a lot.	0	1	2	3	4
6. Fear of embarrassment causes me to avoid doing things or speaking to people.	0	1	2	3	4
7. Sweating in front of people causes me distress.	0	1	2	3	4
8. I avoid going to parties.	0	1	2	3	4
9. I avoid activities in which I am the center 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 my worst 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

Social Phobia Inventory (SPIN)

Rating Self-report

Administration time 10 minutes

Main purpose To measure fear, avoidance and physiological symptoms associated with social phobia

Population Adults

Commentary

The SPIN is a recently developed 17-item self-report measure of symptoms associated with social phobia over the past week that focuses in particular on the core symptoms of fear, avoidance, and physiological arousal. Preliminary psychometric evaluation of the instrument has indicated that is has good test–retest reliability, internal consistency and convergent and divergent validity, and is sensitive to treatment effects. A useful 3-item Mini-SPIN (Connor et al., 2001) has also been developed as a screening tool for generalized social anxiety disorder.

Scoring

Items are coded on a 0 (not at all) to 4 (extremely) scale; a total score (range 0–68) can be calculated by summing the scale's fear, avoidance and physiological arousal sub-scales. A SPIN score of 19 has been shown to distinguish between patients with social phobia and control subjects.

Versions

The SPIN has been translated into a number of languages, including: Chinese, Dutch, Finnish, French, German, Japanese, Portuguese and Spanish.

Additional references

Connor KM, Kobak KA, Churchill LE, Katzelnick D, Davidson JR. Mini-SPIN: A brief screening assessment for generalized social anxiety disorder. Depress Anxiety 2001; 14(2):137–40.

Tharwani HM, Davidson JR. Symptomatic and functional assessment of social anxiety disorder in adults. Psychiatr Clin North Am 2001; 24(4):643–59.

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Liebowitz Social Anxiety Scale (LSAS-SR)

Name _____ Date _____

Fill out the following questionnaire with the most suitable answer listed below. Base your answers on your experience in the past week and, if you have completed the scale previously, be as consistent as possible in your perception of the situation described. Be sure to answer all items.

Fear or Anxiety	Avoidance
▸ 0 = None	▸ 0 = Never (0%)
▸ 1 = Mild	▸ 1 = Occasionally (1%-33% of the time)
▸ 2 = Moderate	▸ 2 = Often (33%-67% of the time)
▸ 3 = Severe	▸ 3 = Usually (67%-100% of the time)

Understanding the situations:	FEAR OR ANXIETY	AVOIDANCE
1. **Telephoning in public** - speaking on the telephone in a public place		
2. **Participating in small groups** - having a discussion with a few others		
3. **Eating in public places** - do you tremble or feel awkward handling food		
4. **Drinking with others in public places** - refers to any beverage including alcohol		
5. **Talking to people in authority** - for example, a boss or teacher		
6. **Acting, performing or giving a talk in front of an audience** - refers to a large audience		
7. **Going to a party** - an average party to which you may be invited; assume you know some but not all people at the party		
8. **Working while being observed** - any type of work you might do including school work or housework		
9. **Writing while being observed** - for example, signing a check in a bank		
10. **Calling someone you don't know very well**		
11. **Talking with people you don't know very well**		
12. **Meeting strangers** - assume others are of average importance to you		
13. **Urinating in a public bathroom** - assume that others are sometimes present, as might normally be expected		
14. **Entering a room when others are already seated** - refers to a small group, and nobody has to move seats for you		
15. **Being the center of attention** - telling a story to a group of people		
16. **Speaking up at a meeting** - speaking from your seat in a small meeting or standing up in place in a large meeting		
17. **Taking a written test**		
18. **Expressing appropriate disagreement or disapproval to people you don't know very well**		
19. **Looking at people you don't know very well in the eyes** - refers to appropriate eye contact		
20. **Giving a report to a group** - refers to an oral report to a small group		
21. **Trying to pick up someone** - refers to a single person attempting to initiate a relationship with a stranger		
22. **Returning goods to a store where returns are normally accepted**		
23. **Giving an average party**		
24. **Resisting a high pressure salesperson** - avoidance refers to listening to the salesperson for too long		