

Liebowitz Social Anxiety Scale (LSAS-SR)

Name: _____ Date: _____

This measure assesses the way that social phobia plays a role in your life across a variety of situations. Read each situation carefully and answer two questions about it; the first question asks how anxious or fearful you feel in the situation; the second question asks how often you avoid it. If you come across a situation that you ordinarily do not experience, we ask that you imagine "what if you were faced with that situation", and then rate the degree to which you would fear this hypothetical situation and how often you would tend to avoid it (using the 0 to 3 scales below). Please base your

Fear or anxiety	None	Mild	Moderate	Severe
	0	1	2	3
Avoidance	never (0%)	occasionally (1-33%)	often (33-67%)	usually (67-100%)

	Anxiety	Avoidance
1. Telephoning in public (p)		
2. participating in small groups (p)		
3. Eating in public places (p)		
4. Drinking with others in public places (p)		
5. Talking to people in authority (s)		
6. Acting, performing or giving a talk in front of an audience (p)		
7. Going to a party (s)		
8. Working while being observed (p)		
9. Writing while being observed (p)		
10. Calling someone you don't know very well (s)		
11. Talking with people you don't know very well (s)		
12. Meeting strangers (s)		
13. Urinating in a public bathroom (p)		
14. Entering a room when others are already seated (p)		
15. Being the centre of attention (s)		

16. Speaking up at a meeting (p)		
17. Taking a test (p)		
18. Expressing a disagreement or disapproval to people you don't know very well (s)		
19. Looking at people you don't very well in the eyes (s)		
20. Giving a report to a group (p)		
21. Trying to pick up someone (p)		
22. Returning goods to a store (s)		
23. Giving a party (s)		
24. Resisting a high pressure salesperson (s)		
Total performance (p) subscore		
Total social interaction (s) subscore		
Total score		

Scoring:

“cutoffs of 30 and 60 on the LSAS-SR provided the best balance of sensitivity and specificity for classifying participants with social anxiety and generalized social anxiety disorder, respectively.”

Liebowitz, M. R. (1987) “Social phobia” Modern Problems in Pharmacopsychiatry Fresco, D. M. (2001) “The Liebowitz Social Anxiety Scale: A comparison of the psychometric properties of self-report and clinician-administered formats” Psychological Medicine 1025-1035.