

Severity Measure for Social Anxiety Disorder (Social Phobia) — Adult

The following questions ask about thoughts, feelings, and behaviors that you may have had about social situations. Usual social situations include: public speaking, speaking in meetings, attending social events or parties, introducing yourself to others, having conversations, giving and receiving compliments, making requests of others, and eating and writing in public.

During the PAST 7 DAYS, I have...

1. felt moments of sudden terror, fear, or fright in social situations

- Never
- Occasionally
- Half of the time
- Most of the time
- All of the time

3. had thoughts of being rejected, humiliated, embarrassed, ridiculed, or offending others

- Never
- Occasionally
- Half of the time
- Most of the time
- All of the time

2. felt anxious, worried, or nervous about social situations

- Never
- Occasionally
- Half of the time
- Most of the time
- All of the time

4. felt a racing heart, sweaty, trouble breathing, faint, or shaky in social situations

- Never
- Occasionally
- Half of the time
- Most of the time
- All of the time

<p>5. felt tense muscles, felt on edge or restless, or had trouble relaxing in social situations</p>	<p>8. spent a lot of time preparing what to say or how to act in social situations</p>
<p><input type="checkbox"/> Never</p> <p><input type="checkbox"/> Occasionally</p> <p><input type="checkbox"/> Half of the time</p> <p><input type="checkbox"/> Most of the time</p> <p><input type="checkbox"/> All of the time</p>	<p><input type="checkbox"/> Never</p> <p><input type="checkbox"/> Occasionally</p> <p><input type="checkbox"/> Half of the time</p> <p><input type="checkbox"/> Most of the time</p> <p><input type="checkbox"/> All of the time</p>
<p>6. avoided, or did not approach or enter, social situations</p>	<p>9. distracted myself to avoid thinking about social situations</p>
<p><input type="checkbox"/> Never</p> <p><input type="checkbox"/> Occasionally</p> <p><input type="checkbox"/> Half of the time</p> <p><input type="checkbox"/> Most of the time</p> <p><input type="checkbox"/> All of the time</p>	<p><input type="checkbox"/> Never</p> <p><input type="checkbox"/> Occasionally</p> <p><input type="checkbox"/> Half of the time</p> <p><input type="checkbox"/> Most of the time</p> <p><input type="checkbox"/> All of the time</p>
<p>7. left social situations early or participated only minimally (e.g., said little, avoided eye contact)</p>	<p>10. needed help to cope with social situations (e.g., alcohol or medications, superstitious objects)</p>
<p><input type="checkbox"/> Never</p> <p><input type="checkbox"/> Occasionally</p> <p><input type="checkbox"/> Half of the time</p> <p><input type="checkbox"/> Most of the time</p> <p><input type="checkbox"/> All of the time</p>	<p><input type="checkbox"/> Never</p> <p><input type="checkbox"/> Occasionally</p> <p><input type="checkbox"/> Half of the time</p> <p><input type="checkbox"/> Most of the time</p> <p><input type="checkbox"/> All of the time</p>

Scoring

Each item on the measure is rated on a 5-point scale:

- 0=Never;
- 1=Occasionally;
- 2=Half of the time;
- 3=Most of the time; and
- 4=All of the time.

The total score can range from 0 to 40, with higher scores indicating greater severity of social anxiety disorder (social phobia). The clinician is asked to review the score of each item on the measure during the clinical interview and indicate the raw score for each. The raw scores on the 10 items should be summed to obtain a total raw score. In addition, the clinician is asked to calculate and use the average total score.

The average total score reduces the overall score to a 5-point scale, which allows the clinician to think of the severity of the individual's social anxiety disorder (social phobia) in terms of none (0), mild (1), moderate (2), severe (3), or extreme (4). The use of the average total score was found to be reliable, easy to use, and clinically useful to the clinicians in the DSM-5 Field Trials. The average total score is calculated by dividing the raw total score by number of items in the measure (i.e., 10).

Note

If 3 or more items are left unanswered, the total score on the measure should not be calculated. Therefore, the individual receiving care should be encouraged to complete all of the items on the measure. If 1 or 2 items are left unanswered, you are asked to calculate a prorated score. The prorated score is calculated by summing the scores of items that were answered to get a partial raw score. Multiply the partial raw score by the total number of items on the Severity Measure for Social Anxiety Disorder (Social Phobia) (i.e., 10) and divide the value by the number of items that were actually answered (i.e., 8 or 9).

The formula to prorate the partial raw score to Total Raw Score is:

$(\text{Raw sum} \times 10) / \text{Number of items that were actually answered}$

If the result is a fraction, round to the nearest whole number.

Reference

LeBeau RT, Mesri B, Craske MG. The DSM-5 social anxiety disorder severity scale: evidence of validity and reliability in a clinical sample. Psychiatry Res. 2016;244:94-96.