

# Social Interaction Anxiety Scale

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

**Instructions:** 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

	0	1	2	3	4
1. I get nervous if I have to speak with someone in authority (teacher, boss).					
2. I have difficulty making eye contact with others.					
3. I become tense if I have to talk about myself or my feelings.					
4. I find it difficult mixing comfortably with the people I work with.					
5. I find it easy to make friends of my own age.					
6. I tense up if I meet an acquaintance in the street.					
7. When mixing socially, I am uncomfortable.					
8. I feel tense if I am alone with just one person.					
9. I am at ease meeting people at parties, etc.					
10. I have difficulty talking with other people.					
11. I find it easy to think of things to talk about.					
12. I worry about expressing myself in case I appear awkward.					
13. I find it difficult to disagree with another's point of view.					
14. I have difficulty talking to a potential romantic partner.					
15. I find myself worrying that I won't know what to say in social situations.					
16. I am nervous mixing with people I don't know well.					
17. I feel I'll say something embarrassing when talking.					
18. When mixing in a group, I find myself worrying I will be ignored.					
19. I am tense mixing in a group.					
20. I am unsure whether to greet someone I know only slightly.					