SIAS (Social Interaction Anxiety Scale)

Please indicate the degree to which you feel the statement is characteristic or true of you:

 1. I get nervous if I have to speak with someone in authority (teacher, boss, etc.).

 not at all slightly moderately very extremely

 1 2 3 4 5

 2. I have difficulty making eye-contact with others.

 not at all slightly moderately very extremely

 1 2 3 4 5

 3. I become tense if I have to talk about myself or my feelings.

 not at all slightly moderately very extremely

 1 2 3 4 5

 4. I find difficulty mixing comfortably with the people I work with.

 not at all slightly moderately very extremely

 1 2 3 4 5

 5. I tense-up if I meet an acquaintance in the street.

 not at all slightly moderately very extremely

 1 2 3 4 5

 6. When mixing socially I am uncomfortable.

 not at all slightly moderately very extremely

 1 2 3 4 5

 7. I feel tense if I am alone with just one other person.

 not at all slightly moderately very extremely

 1 2 3 4 5

 8. I am at ease meeting people at parties, etc.

 not at all slightly moderately very extremely

 1 2 3 4 5

 9. I have difficulty talking with other people.

 not at all slightly moderately very extremely

 1 2 3 4 5

 10. I find it easy to think of things to talk about.

 not at all slightly moderately very extremely

 1 2 3 4 5

 11. I worry about expressing myself in case I appear awkward.

 not at all slightly moderately very extremely

 1 2 3 4 5

 12. I find it difficult to disagree with another’s point of view.

 not at all slightly moderately very extremely

 1 2 3 4 5

 13. I have difficulty talking to attractive persons of the opposite sex.

 not at all slightly moderately very extremely

 1 2 3 4 5

 14. I find myself worrying that I won’t know what to say in social situations.

 not at all slightly moderately very extremely

 1 2 3 4 5

 15. I am nervous mixing with people I don’t know well.

 not at all slightly moderately very extremely

 1 2 3 4 5

 16. I feel I’ll say something embarrassing when talking.

 not at all slightly moderately very extremely

 1 2 3 4 5

 17. When mixing in a group I find myself worrying I will be ignored.

 not at all slightly moderately very extremely

 1 2 3 4 5

 18. I am tense mixing in a group.

 not at all slightly moderately very extremely

 1 2 3 4 5

 19. I am unsure whether to greet someone I know only slightly.

 not at all slightly moderately very extremely

 1 2 3 4 5