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