Instructions: For the purpose of this questionnaire, think of *socializing* as the participation in social activities or mixing socially with others. This can include family and friends and may include in-person interactions, or interactions online (e.g., Zoom).

Scale: Strongly disagree, disagree, neutral, agree, strongly agree

**Trait**

**Having intentions and plans to socialize**

5. When I crave social interaction, I invariably think of ways to see friends or family.

18. When I crave social interaction, I make plans to socialize.

23. When I crave social interaction, I try to make plans to see friends/family right away.

**Anticipation of positive reinforcement that may result from socializing**

9. I surround myself with friends/family to feel better.

10. Sometimes, being around (engaging with?) friends or family makes things seem just perfect.

15. When I crave social interaction, socializing makes me feel better.

24. When I socialize, I feel great.

38. When I socialize, I feel comforted.

**Anticipation of relief from negative states and feelings as a result of socializing**

16. When I hang with my friends/family, I feel less depressed.

19. Being with friends/family calms me down.

21. I feel less anxious after I socialize.

**Thoughts or preoccupation with socializing**

6. I feel like I think about socializing all the time.

8. I find myself preoccupied with socializing.

27. I can’t stop thinking about socializing no matter how hard I try.

28. I spend a lot of time thinking about when I will see my friends/family next.

31. I daydream about hanging out/ getting together with friends/family.

32. Whenever I crave social interaction, I keep on thinking about socializing until I am able to socialize.

33. If I am craving social interaction, thoughts of socializing consume me.

**Socializing as a psychological state**

11. Thinking about socializing makes me feel good.

12. I crave social interaction when I haven’t socialized in a while.

13. I feel as if I *need* to socialize.

14. When I’m craving social interaction, I can’t get enough of it.

**Emotions that may be experienced before or after social craving**

20. I crave social interaction when I’m bored, angry, or sad.

30. When I’m stressed out, I crave social interaction.

34. My emotions often make me want to socialize.

39. I crave social interaction when I’m upset.

**Cues that may trigger social craving**

1. Seeing others socialize makes me crave social interaction.

35. I like to socialize as much as possible.

36. It’s hard for me to resist an invitation to socialize.

**Guilt from social craving and/or from missing out on/cancelling social interactions**

4. I hate it when I crave social interaction.

7. I often feel guilty if I miss an opportunity to socialize.

17. When I cancel plans, I feel guilty.

**State**

**An intense desire to socialize**

1. I have an intense desire to socialize.

2. I’m craving social interaction.  
3. I have an urge to socialize.

**Anticipation of positive reinforcement that may result from socializing**

4. Socializing would make things seem just perfect.

5. If I were to socialize, I’m sure my mood would improve.

6. Socializing would feel wonderful.

**Anticipation of relieve from negative states and feelings as a result of socializing**

7. If I socialized, I wouldn’t feel so sad.

8. Socializing would make me feel less angry.

9. I would feel less scared if I could socialize.

**Lack of control over socializing**

10. If I could socialize right now, I would do so.

11. My desire to socialize seems overpowering.

12. I know I’m going to keep thinking about socializing until I am able to.

**Craving of social interaction as a psychological state**

13. I crave social interaction.

14. If I socialized right now, I wouldn’t feel as bad.

15. I feel bad because of not socializing.