

Liebowitz Social Anxiety Scale

1. Read each situation carefully and answer two questions about that situation.
2. The first question asks how anxious or fearful you feel in the situation.
3. The second question asks how often you avoid the situation.
4. If you come across a situation that you ordinarily do not experience, imagine "what if you were faced with that situation," and then rate the degree to which you would fear this hypothetical situation and how often you would tend to avoid it.

Fear

0 = None
1 = Mild
2 = Moderate
3 = Severe

Avoidance

0 = Never
1 = Occasionally
2 = Often
3 = Usually

		Fear				Avoidance			
		0	1	2	3	0	1	2	3
1	Talking on the phone to classmates or other people								
2	Participating in a small group activity in class								
3	Eating in front of others (e.g., school cafeteria, restaurant)								
4	Asking an adult that you don't know well for help (e.g., store clerk, principal, police officer)								
5	Giving an oral report or presentation in class								
6	Going to parties, social gatherings, or other after-school social activities								
7	Writing on the board in front of the class								
8	Talking to other kids that you don't know well								
9	Starting a conversation with people you don't know well								
10	Using school or public bathrooms								
11	Going into a classroom or another place (e.g., church, cafeteria) when other people are already there								
12	Being the center of attention (e.g., your birthday party)								
13	Asking questions in class								
14	Answering questions in class								
15	Reading out loud in class								
16	Taking tests								
17	Saying "no" when people ask you to do things you don't want to do (e.g., to borrow something or to look at your homework)								
18	Telling people that you don't agree with them or that you are mad at them								
19	Looking at people you don't know well in the eye								
20	Asking questions in a store (e.g., to exchange something)								
21	Playing a sport or performing in front of other people (e.g., school show, musical performance)								
22	Joining a club or group								
23	Meeting new people								
24	Asking a teacher permission to leave the classroom (e.g., go to the bathroom or the school nurse)								