

# Social Interaction Anxiety Scale (SIAS-6) and Social Phobia Scale (SPS-6)

For each question, please circle a number to indicate the degree to which you feel the statement is characteristic or true of you.

|  | Not at all<br>characteristic or<br>true of me | Slight<br>characteristic or<br>true of me | Moderately<br>characteristic or<br>true of me | Very<br>characteristic or<br>true of me | Extremely<br>characteristic or<br>true of me |
|--|---|---|---|---|--|
| 1) I have difficulty making eye contact with others                        | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 2) I find it difficult mixing comfortably with the people I work with      | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 3) I tense up if I meet an acquaintance on the street                      | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 4) I feel tense if I am alone with just one person                         | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 5) I have difficulty talking with other people                             | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 6) I find it difficult to disagree with another's point of view            | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 7) I get nervous that people are staring at me as I walk down the street   | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 8) I worry about shaking or trembling when I'm watched by other people     | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 9) I would get tense if I had to sit facing other people on a bus or train | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 10) I worry I might do something to attract the attention of other people  | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 11) When in an elevator, I am tense if people look at me                   | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |
| 12) I can feel conspicuous standing in a line                              | <input type="radio"/>                         | <input type="radio"/>                     | <input type="radio"/>                         | <input type="radio"/>                   | <input type="radio"/>                        |