



Social Interaction Anxiety Scale (SIAS)

Instructions:

For each item, please tap the box to indicate the degree to which you feel the statement is characteristic or true for you.

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

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

2 I have difficulty making eye contact with others.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

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

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

4 I find it difficult to mix comfortably with the people I work with.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

5 I find it easy to make friends my own age.

- 4 Not at all characteristic or true of me
- 3 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 1 Very characteristic or true of me
- 0 Extremely characteristic or true of me



6 I tense up if I meet an acquaintance in the street.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

7 When mixing socially, I am uncomfortable.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

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

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

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

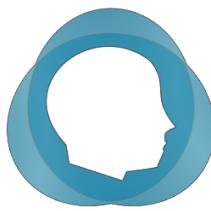
- 4 Not at all characteristic or true of me
- 3 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 1 Very characteristic or true of me
- 0 Extremely characteristic or true of me

10 I have difficulty talking with other people.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

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

- 4 Not at all characteristic or true of me
- 3 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 1 Very characteristic or true of me
- 0 Extremely characteristic or true of me



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

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

13 I find it difficult to disagree with another's point of view.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

14 I have difficulty talking to people I am attracted to.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

15 I find myself worrying that I won't know what to say in social situations.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

16 I am nervous mixing with people I don't know well.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

17 I feel I'll say something embarrassing when talking.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me



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

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

19 I am tense mixing in a group.

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

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

- 0 Not at all characteristic or true of me
- 1 Slightly characteristic or true of me
- 2 Moderately characteristic or true of me
- 3 Very characteristic or true of me
- 4 Extremely characteristic or true of me

Developer Reference:

Mattick, R. P., & Clarke, J. C. (1998). Development and validation of measures of social phobia scrutiny fear and social interaction anxiety¹. Behaviour Research and Therapy, 36(4), 455-470.

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