**Self-Beliefs Related to Social Anxiety Scale（SBSA）**

11-point Likert-type scale (0 = do not agree at all, 10 = strongly agree).

(Cronbach’s α = .92 for the full scale, Cronbach’s α = .83 for four-item high standard beliefs subscale, Cronbach’s α = .89 for seven-item conditional beliefs subscale, and Cronbach’s α = .80 for four-item unconditional beliefs sub scale) and good test–retest reliability (*r* = .82 for the full scale, *r* = .73 for the high standard beliefs subscale, *r* = .78 for the conditional beliefs subscale, *r* = .72 for the unconditional beliefs subscale; Wong & Moulds, 2011a).

1. If I make mistakes others will reject me
2. People think I’m boring
3. If people don’t accept me,I’m worthless
4. I have to appear intelligent and witty
5. If someone doesn’t like me,it must be my fault
6. People think badly of me
7. I have to convey a favourable impression
8. If people know I’m anxious,they will think I’m weak
9. People think I’m inferior
10. If I don’t get everything right,I’ll be rejected
11. I must get everyone’s approval
12. If people see me anxious,they’ll put me down
13. If I don’t say something interesting,people won’t like me
14. People don’t respect me
15. I need to be liked by everyone

HS(high standard beliefs) item4、7、11、15

UNCOND(unconditional beliefs) item2、6、9、14

COND(conditional beliefs) item1、3、5、8、10、12、13

Wong, Q. J., Moulds, M. L., & Rapee, R. M. (2014). Validation of the self-beliefs related to social anxiety scale: A replication and extension. *Assessment*, *21*(3), 300-311.