

SPAI-C (Parent Version)

Below are some places or activities that sometimes make boys or girls feel nervous or scared. All of these activities are called social situations because they involve being with other people. Social situations include playing outside with other boys and girls, playing a sport while others are watching, being in a play or recital, going to a party or a meeting, playing at the playground or just being around other boys and girls at school.

Think about your child and select the option that shows how often your child would feel nervous or scared when doing the following.

- | | |
|--|---|
| 1) My child feels scared when he/she has to join in a social situation with a large group of boys and girls (more than 6). | <input type="radio"/> Never, or Hardly Ever
<input type="radio"/> Sometimes
<input type="radio"/> Most of the Time, or Always |
| 2) My child feels scared when he/she is with other boys and girls or adults and becomes the center of attention. | <input type="radio"/> Never, or Hardly Ever
<input type="radio"/> Sometimes
<input type="radio"/> Most of the Time, or Always |
| 3) My child feels scared when he/she is with other boys and girls or adults and he/she has to do something while they watch (read aloud, play a game, play a sport). | <input type="radio"/> Never, or Hardly Ever
<input type="radio"/> Sometimes
<input type="radio"/> Most of the Time, or Always |
| 4) My child feels scared when he/she has to speak or read in front of a group of people. | <input type="radio"/> Never, or Hardly Ever
<input type="radio"/> Sometimes
<input type="radio"/> Most of the Time, or Always |
| 5) My child feels scared when answering questions in class or at meetings (scouts, soccer team) even when he/she knows the answer. | <input type="radio"/> Never, or Hardly Ever
<input type="radio"/> Sometimes
<input type="radio"/> Most of the Time, or Always |
| 6) My child feels so scared at parties, dances, school, or anyplace where there will be more than two other people, that he/she will go home early. | <input type="radio"/> Never, or Hardly Ever
<input type="radio"/> Sometimes
<input type="radio"/> Most of the Time, or Always |
| 7) My child feels scared when he/she meets new kids. | <input type="radio"/> Never, or Hardly Ever
<input type="radio"/> Sometimes
<input type="radio"/> Most of the Time, or Always |
| 8) My child is too scared to ask questions in class. | <input type="radio"/> Never, or Hardly Ever
<input type="radio"/> Sometimes
<input type="radio"/> Most of the Time, or Always |

My child feels scared when he/she is in the school cafeteria with...

- | | Never, or Hardly Ever | Sometimes | Most of the Time, or Always |
|---|-----------------------|-----------------------|-----------------------------|
| 9) ...same age boys or girls he/she does know. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10) ...same age boys or girls he/she does not know. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11) ...adults. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

If somebody starts arguing with my child, he/she feels scared and does not know what to do if that person is...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
12) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If somebody asks my child to do something that he/she does not want to do, my child feels scared and does not know what to do if that person is...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
15) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My child feels scared and does not know what to do when in an embarrassing situation with...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
18) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If somebody says something that my child thinks is wrong or bad, my child feels scared saying what he/she thinks if that person is...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
21) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My child feels scared when he/she starts to talk to...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
24) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My child feels scared if he/she has to talk for longer than a few minutes with...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
27) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My child feels scared when speaking (giving a book report, reading in front of the class) in front of...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
30) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My child feels scared when he/she is in a school play, choir, music or dance recital in front of...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
33) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My child feels scared when he/she is ignored or made fun of by...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
36) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My child tries to avoid social situations (parties, school, playing with others) where there are...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
39) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My child leaves social situations (parties, school, playing with others) where there are...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
42) ...same age boys or girls he/she does know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43) ...same age boys or girls he/she does not know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Before going to a party or going someplace with others, my child thinks about what might go wrong. He/she thinks...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
45) ...will I make a mistake and look stupid?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46) ...what if nobody talks to me?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47) ...what if somebody talks to me and I can't think of what to say?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48) ...what if they see how scared I am?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

49) My child's voice leaves or sounds funny when he/she is talking to others.

☐ Never, or Hardly Ever
☐ Sometimes
☐ Most of the Time, or Always

50) My child usually does not speak to anyone until they speak to him/her.

☐ Never, or Hardly Ever
☐ Sometimes
☐ Most of the Time, or Always

When my child is with other people, he/she thinks scary thoughts. Sometimes he/she thinks...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
51) ...if I goof up, I will really feel bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
52) ...What are they thinking of me?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
53) ...whatever I say will sound stupid.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Before my child goes someplace (a party, school, soccer game, or anyplace where he/she will be with others), my child...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
54) ...sweats.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
55) ...urinates frequently.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
56) ...heart beats fast.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
57) ...gets a headache or stomachache.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
58) ...complains of a "nervous" stomach ("butterflies").	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When my child is someplace (a party, school, soccer game, or any place where he/she is with others), my child...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
59) ...sweats.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
60) ...shakes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
61) ...urinates frequently.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
62) ...heart beats fast.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
63) ...gets a headache or stomachache.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>