

SPAI-C

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 yourself and select the number that shows how often you would feel nervous or scared when doing this.

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

I feel scared when I am in the school cafeteria with...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
9) ...boys or girls my age that I know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) ...boys or girls my age that I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11)			

...adults.

☐☐☐

If somebody starts arguing with me, I feel scared and do not know what to do if that person is...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
12) ...a boy or girl my age who I know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13) ...a boy or girl my age who I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14) ...an adult.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If somebody asks me to do something that I don't want to do, I feel scared and don't know what to say if that person is...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
15) ...a boy or girl my age who I know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16) ...a boy or girl my age who I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17) ...an adult.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel scared and don't know what to do when in an embarrassing situation with... (embarrassed means that your face gets hot and red)

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
18) ...a boy or girl my age who I know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19) ...a boy or girl my age who I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20) ...an adult.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If somebody says something that I think is wrong or bad, I feel scared saying what I think if that person is...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
21) ...a boy or girl my age who I know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22) ...a boy or girl my age who I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23) ...an adult.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel scared when I start to talk to...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
24) ...boys or girls my age that I know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25) ...boys or girls my age that I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel scared if I have to talk for longer than a few minutes with...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
27) ...boys or girls my age that I know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28) ...boys or girls my age that I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel 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) ...boys or girls my age that I know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31) ...boys or girls my age that I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel scared when I am in a school play, choir, music or dance recital in front of...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
33) ...boys or girls my age that I know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34) ...boys or girls my age that I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel scared when I am ignored or made fun of by...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
36) ...boys or girls my age that I know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37) ...boys or girls my age that I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I try to avoid social situations (parties, school, playing with others) where there are...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
39) ...boys or girls my age that I know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40) ...boys or girls my age that I don't know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41) ...adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I leave social situations (parties, school, playing with others) when there are...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
42) ...boys or girls my age that I know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43) ...boys or girls my age that I don't 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, I think about what might go wrong. I think...

	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"/>
	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
49) My voice leaves me or sounds funny when I am talking to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
50) I usually do not speak to anyone until they speak to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When I am with other people, I think scary thoughts. Sometimes I think...

	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 I go someplace (a party, school, soccer game, or any place where I will be with others)...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
54) ...I feel sweaty.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
55) ...I feel like I have to go to the bathroom.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
56) ...my heart beats fast.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
57) ...I get a headache or stomachache.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
58) ...my stomach feels funny.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When I am someplace (a party, school, soccer game, or anyplace where I will be with others)...

	Never, or Hardly Ever	Sometimes	Most of the Time, or Always
59) ...I feel sweaty.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
60) ...I shake.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
61) ...I feel like I have to go to the bathroom.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
62) ...my heart beats fast.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
63) ...I have a headache or stomachache.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>