

Liebowitz Social Anxiety Scale

1. Read each situation carefully and answer two questions about that situation.
2. The first question asks how anxious or fearful you feel in the situation.
3. The second question asks how often you avoid the situation.
4. If you come across a situation that you ordinarily do not experience, imagine "what if you were faced with that situation," and then rate the degree to which you would fear this hypothetical situation and how often you would tend to avoid it.

Talking on the phone to classmates or other people

- 1) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 2) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Participating in a small group activity in class

- 3) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 4) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Eating in front of others (e.g., school cafeteria, restaurant)

- 5) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 6) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Asking an adult that you don't know well for help (e.g., store clerk, principal, police officer)

- 7) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 8) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Giving an oral report or presentation in class

- 9) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 10) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Going to parties, social gatherings, or other after-school social activities

- 11) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 12) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Writing on the board in front of the class

- 13) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 14) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Talking to other kids that you don't know well

- 15) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 16) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Starting a conversation with people you don't know well

- 17) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 18) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Using school or public bathrooms

- 19) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 20) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Going into a classroom or another place (e.g., church, cafeteria) when other people are already there

- 21) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 22) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Being the center of attention (e.g., your birthday party)

- 23) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 24) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Asking questions in class

- 25) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 26) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Answering questions in class

- 27) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 28) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Reading out loud in class

- 29) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 30) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Taking tests

- 31) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 32) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Saying "no" when people ask you to do things you don't want to do (e.g., to borrow something or to look at your homework)

- 33) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 34) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Telling people that you don't agree with them or that you are mad at them

- 35) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 36) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Looking at people you don't know well in the eye

- 37) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 38) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Asking questions in a store (e.g., to exchange something)

- 39) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 40) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Playing a sport or performing in front of other people (e.g., school show, musical performance)

- 41) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 42) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Joining a club or group

- 43) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 44) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Meeting new people

- 45) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe
- 46) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually

Asking a teacher permission to leave the classroom (e.g., go to the bathroom or the school nurse)

47) Fear ☐ None ☐ Mild ☐ Moderate
☐ Severe

48) Avoidance ☐ Never ☐ Occasionally
☐ Often ☐ Usually