**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 circle the number that shows how often your child would feel nervous or scared when doing the following.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | | Never or Hardly Ever | Sometimes | Most of the time or Always |
| 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). | 0 | 1 | 2 |
| 2 | My child feels scared when he/she is with other boys and girls or adults and becomes the center of attention. | 0 | 1 | 2 |
| 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). | 0 | 1 | 2 |
| 4 | My child feels scared when he/she has to speak or read in front of a group of people. | 0 | 1 | 2 |
| 5 | My child feels scared when answering questions in class or at meetings (scouts, soccer team) even when he/she knows the answer. | 0 | 1 | 2 |
| 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. | 0 | 1 | 2 |
| 7 | My child feels scared when he/she meets new kids. | 0 | 1 | 2 |
| 8 | My child is too scared to ask questions in class. | 0 | 1 | 2 |
| 9 | My child feels scared when he/she is in the school cafeteria with: |  | | |
| A | same age boys or girls he/she does know | 0 | 1 | 2 |
| B | same age boys or girls he/she does not know | 0 | 1 | 2 |
| C | adults | 0 | 1 | 2 |
| 10 | If somebody starts arguing with my child, he/she feels scared and does not know what to do if that person is: |  | | |
| A | same age boy or girl he/she does know | 0 | 1 | 2 |
| B | same age boy or girl he/she does not know | 0 | 1 | 2 |
| C | an adult | 0 | 1 | 2 |
| 11 | 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: |  | | |
| A | same age boy or girl he/she know | 0 | 1 | 2 |
| B | same age boy or girl he/she does not know | 0 | 1 | 2 |
| C | an adult | 0 | 1 | 2 |
| 12 | My child feels scared and does not know what to do when in an embarrassing situation with: |  | | |
| A | same age boy or girl he/she knows | 0 | 1 | 2 |
| B | same age boy or girl he/she does not know | 0 | 1 | 2 |
| C | an adult | 0 | 1 | 2 |
| 13 | 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: |  | | |
| A | same age boy or girl he/she knows | 0 | 1 | 2 |
| B | same age boy or girl he/she does not know | 0 | 1 | 2 |
| C | an adult | 0 | 1 | 2 |
| 14 | My child feels scared when he/she starts to talk to: |  | | |
| A | same age boys or girls he/she knows | 0 | 1 | 2 |
| B | same age boys or girls he/she does not know | 0 | 1 | 2 |
| C | adults | 0 | 1 | 2 |
| 15 | My child feels scared when he/she has to talk for longer than a few minutes with: |  | | |
| A | same age boys or girls he/she knows | 0 | 1 | 2 |
| B | same age boys or girls he/she does not know | 0 | 1 | 2 |
| C | adults | 0 | 1 | 2 |
| 16 | My child feels scared when speaking (giving a book report, reading in front of the class) in front of: |  | | |
| A | same age boys or girls he/she knows | 0 | 1 | 2 |
| B | same age boys or girls he/she does not know | 0 | 1 | 2 |
| C | adults | 0 | 1 | 2 |
| 17 | My child feels scared when he/she is in a school play, choir, music or dance recital in front of: |  | | |
| A | same age boys or girls he/she knows | 0 | 1 | 2 |
| B | same age boys or girls he/she does not know | 0 | 1 | 2 |
| C | Adults | 0 | 1 | 2 |
| 18 | My child feels scared when he/she is ignored or made fun of by: |  | | |
| A | same age boys or girls he/she knows | 0 | 1 | 2 |
| B | same age boys or girls he/she does not know | 0 | 1 | 2 |
| C | adults | 0 | 1 | 2 |
| 19 | My child tries to avoid social situations (parties, school, playing with others) where there are: |  | | |
| A | same age boys or girls he/she knows | 0 | 1 | 2 |
| B | same age boys or girls he/she does not know | 0 | 1 | 2 |
| C | adults | 0 | 1 | 2 |
| 20 | My child leaves social situations where there are: |  | | |
| A | same age boys or girls he/she knows | 0 | 1 | 2 |
| B | same age boys or girls he/she does not know | 0 | 1 | 2 |
| C | adults | 0 | 1 | 2 |
| 21 | Before going to a party or going someplace with others, my child thinks about what might go wrong. He/she thinks: |  | | |
| A | Will I make a mistake and look stupid? | 0 | 1 | 2 |
| B | What if nobody talks to me? | 0 | 1 | 2 |
| C | What if somebody talks to me and I can't think of what to say? | 0 | 1 | 2 |
| D | What if they see how scared I am? | 0 | 1 | 2 |
| 22 | My child's voice leaves or sounds funny when he/she is talking to others. | 0 | 1 | 2 |
| 23 | My child usually does not speak to anyone until they speak to him/her. | 0 | 1 | 2 |
| 24 | When my child is with other people, he/she thinks scary thoughts. Sometimes he/she thinks: |  | | |
| A | If I goof up I will really feel bad. | 0 | 1 | 2 |
| B | What are they thinking of me? | 0 | 1 | 2 |
| C | Whatever I say will sound stupid. | 0 | 1 | 2 |
| 25 | Before my child goes someplace (a party, school, soccer game or anyplace where he/she will be with others), my child: |  | | |
| A | sweats | 0 | 1 | 2 |
| B | urinates frequently | 0 | 1 | 2 |
| C | heart beats fast | 0 | 1 | 2 |
| D | gets a headache or stomachache | 0 | 1 | 2 |
| E | complains of a "nervous" stomach ("butterflies") | 0 | 1 | 2 |
| 26 | When my child is someplace (a party, school, soccer game, or any place where he/she is with others), my child: |  | | |
| A | sweats | 0 | 1 | 2 |
| B | shakes | 0 | 1 | 2 |
| C | urinates frequently | 0 | 1 | 2 |
| D | heart beats fast | 0 | 1 | 2 |
| E | gets a headache or stomachache | 0 | 1 | 2 |