

## Brief Fear of Negative Evaluation Scale – Straightforward (BFNE-S)

Leary (1983); Rodebaugh et al. (2004)

Read each of the following statements carefully and indicate **how characteristic it is of you**:

- 1 = Not at all characteristic of me
- 2 = Slightly characteristic of me
- 3 = Moderately characteristic of me
- 4 = Very characteristic of me
- 5 = Extremely characteristic of me

**UPDATE 06/01/2021** – following the recommendations in [Carleton et al., \(2011\)](#), we will not be including the reverse-scored items (2, 4, 7, & 10) in the survey so there is no need to translate those items (greyed out below).

1. I worry what other people will think of me even when I know it doesn't make any difference.
2. I am unconcerned even if I know people are forming an unfavourable impression of me.
3. I am frequently afraid of other people noticing my shortcomings.
4. I rarely worry about what kind of impression I am making on someone.
5. I am afraid others will not approve of me.
6. I am afraid other people will find fault with me.
7. Other people's opinions of me do not bother me.
8. When I am talking to someone, I worry about what they may be thinking about me.
9. I am usually worried about what kind of impression I make.
10. If I know someone is judging me, it has little effect on me.
11. Sometimes I think I am too concerned with what other people think of me.
12. I often worry that I will say or do the wrong things.

Attention check:

13. Please select '3 – moderately characteristic of me' for this question