

Social Interaction Anxiety Scale (SIAS)

Patient Name: _____ **Date:** _____

Instructions: For each item, please circle the number to indicate the degree to which you feel the statement is characteristic or true for you. The rating scale is as follows:

- 0 = **Not at all** characteristic or true of me.
- 1 = **Slightly** characteristic or true of me.
- 2 = **Moderately** characteristic or true of me.
- 3 = **Very** characteristic or true of me.
- 4 = **Extremely** characteristic or true of me.

| CHARACTERISTIC | NOT AT ALL | SLIGHTLY | MODERATELY | VERY | EXTREMELY |
|--|------------|----------|------------|------|-----------|
| 1. I get nervous if I have to speak with someone in authority (teacher, boss, etc.). | 0 | 1 | 2 | 3 | 4 |
| 2. I have difficulty making eye contact with others. | 0 | 1 | 2 | 3 | 4 |
| 3. I become tense if I have to talk about myself or my feelings. | 0 | 1 | 2 | 3 | 4 |
| 4. I find it difficult to mix comfortably with the people I work with. | 0 | 1 | 2 | 3 | 4 |
| 5. I find it easy to make friends my own age. | 0 | 1 | 2 | 3 | 4 |
| 6. I tense up if I meet an acquaintance in the street. | 0 | 1 | 2 | 3 | 4 |
| 7. When mixing socially, I am uncomfortable. | 0 | 1 | 2 | 3 | 4 |
| 8. I feel tense if I am alone with just one other person. | 0 | 1 | 2 | 3 | 4 |
| 9. I am at ease meeting people at parties, etc. | 0 | 1 | 2 | 3 | 4 |
| 10. I have difficulty talking with other people. | 0 | 1 | 2 | 3 | 4 |
| 11. I find it easy to think of things to talk about. | 0 | 1 | 2 | 3 | 4 |
| 12. I worry about expressing myself in case I appear awkward. | 0 | 1 | 2 | 3 | 4 |
| 13. I find it difficult to disagree with another's point of view. | 0 | 1 | 2 | 3 | 4 |
| 14. I have difficulty talking to attractive persons of the opposite sex. | 0 | 1 | 2 | 3 | 4 |
| 15. I find myself worrying that I won't know what to say in social situations. | 0 | 1 | 2 | 3 | 4 |
| 16. I am nervous mixing with people I don't know well. | 0 | 1 | 2 | 3 | 4 |
| 17. I feel I'll say something embarrassing when talking. | 0 | 1 | 2 | 3 | 4 |
| 18. When mixing in a group, I find myself worrying I will be ignored. | 0 | 1 | 2 | 3 | 4 |
| 19. I am tense mixing in a group. | 0 | 1 | 2 | 3 | 4 |
| 20. I am unsure whether to greet someone I know only slightly. | 0 | 1 | 2 | 3 | 4 |