

Survey: Social Interaction Anxiety Scale (SIAS)

Description: A score of 43 or more indicates traditional social anxiety. A score of 34 to 42 indicates what is sometimes called social phobia. Document is in the public domain.

Instructions: For each item, please choose the degree to which you feel the statement is characteristic or true for you.

Privacy level: Any staff member

I get nervous if I have to speak with someone in authority (teacher, boss, etc.).	Not at all Slightly Moderately Very Extremely
I have difficulty making eye contact with others.	Not at all Slightly Moderately Very Extremely
I become tense if I have to talk about myself or my feelings.	Not at all Slightly Moderately Very Extremely
I find it difficult to mix comfortably with the people I work with.	Not at all Slightly Moderately Very Extremely
I find it easy to make friends my own age.	Not at all Slightly Moderately Very Extremely
I tense up if I meet an acquaintance in the street.	Not at all Slightly Moderately Very Extremely
When mixing socially, I am uncomfortable.	Not at all Slightly Moderately Very Extremely
I feel tense if I am alone with just one other person.	Not at all Slightly Moderately Very Extremely
I am at ease meeting people at parties, etc.	Not at all Slightly Moderately Very Extremely
I have difficulty talking with other people.	Not at all Slightly Moderately Very Extremely
I find it easy to think of things to talk about.	Not at all Slightly Moderately Very Extremely
I worry about expressing myself in case I appear awkward.	Not at all Slightly Moderately Very Extremely
I find it difficult to disagree with another's point of view.	Not at all Slightly Moderately Very Extremely
I have difficulty talking to attractive persons of the opposite sex.	Not at all Slightly Moderately Very Extremely
I find myself worrying that I won't know what to say in social situations.	Not at all Slightly Moderately Very Extremely
I am nervous mixing with people I don't know well.	Not at all Slightly Moderately Very Extremely

I feel I'll say something embarrassing when talking.	Not at all Slightly Moderately Very Extremely
When mixing in a group, I find myself worrying I will be ignored.	Not at all Slightly Moderately Very Extremely
I am tense mixing in a group.	Not at all Slightly Moderately Very Extremely
I am unsure whether to greet someone I know only slightly.	Not at all Slightly Moderately Very Extremely