



Social Interaction Anxiety Scale (SIAS)

Instructions:

For each item, please tap the box to indicate the degree to which you feel the statement is characteristic or true for you.

1	I get nervous if I have to speak with someone in authority (teacher, boss, etc.).
	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
2	I have difficulty making eye contact with others.
	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
3	I become tense if I have to talk about myself or my feelings.
	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
4	I find it difficult to mix comfortably with the people I work with.
	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
5	I find it easy to make friends my own age.
	4 Not at all characteristic or true of me
	3 Slightly characteristic or true of me
	2 Moderately characteristic or true of me
	1 Very characteristic or true of me
	0 Extremely characteristic or true of me



6	I tense up if I meet an acquaintance in the street.
	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
7	When mixing socially, I am uncomfortable.
	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
8	I feel tense if I am alone with just one other person.
	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
9	I am at ease meeting people at parties, etc.
	4 Not at all characteristic or true of me
	3 Slightly characteristic or true of me
	2 Moderately characteristic or true of me
	1 Very characteristic or true of me
	0 Extremely characteristic or true of me
10	I have difficulty talking with other people.
	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
11	I find it easy to think of things to talk about.
	4 Not at all characteristic or true of me
	3 Slightly characteristic or true of me
	2 Moderately characteristic or true of me
	1 Very characteristic or true of me
	0 Extremely characteristic or true of me



12	I worry about expressing myself in case I appear awkward.
	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
13	I find it difficult to disagree with another's point of view.
	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
14	I have difficulty talking to attractive persons of the opposite sex.
	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
15	I find myself worrying that I won't know what to say in social situations.
	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
16	I am nervous mixing with people I don't know well.
	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
17	I feel I'll say something embarrassing when talking.
	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



18	When mixing in a group, I find myself worrying I will be ignored.
	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
19	I am tense mixing in a group.
	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
20	I am unsure whether to greet someone I know only slightly.
	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

Developer Reference:

Mattick, R. P., & Clarke, J. C. (1998). Development and validation of measures of social phobia scrutiny fear and social interaction anxiety¹. *Behaviour Research and Therapy*, 36(4), 455-470.