



Social Phobia Scale (SPS)

Instructions:

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

		Not at all	Slightly	Moderately	Very	Extremely
1	I become anxious if I have to write in front of other people	0	1	2	3	4
2	I become self-conscious when using public toilets	0	1	2	3	4
3	I can suddenly become aware of my own voice and of others listening to me	0	1	2	3	4
4	I get nervous that people are staring at me as I walk down the street	0	1	2	3	4
5	I fear I may blush when I am with others	0	1	2	3	4
6	I feel self-conscious if I have to enter a room where others are already seated	0	1	2	3	4
7	I worry about shaking or trembling when I'm watched by other people	0	1	2	3	4
8	I would get tense if I had to sit facing other people on a bus or a train	0	1	2	3	4
9	I get panicky that others might see me to be faint, sick or ill	0	1	2	3	4
10	I would find it difficult to drink something if in a group of people	0	1	2	3	4
11	It would make me feel self-conscious to eat in front of a stranger at a restaurant	0	1	2	3	4
12	I am worried people will think my behaviour is odd	0	1	2	3	4
13	I would get tense if I had to carry a tray across a crowded cafeteria	0	1	2	3	4
14	I worry I'll lose control of myself in front of other people	0	1	2	3	4
15	I worry I might do something to attract the attention of others	0	1	2	3	4
16	When in an elevator I am tense if people look at me	0	1	2	3	4



		Not at all	Slightly	Moderately	Very	Extremely
17	I can feel conspicuous standing in a queue	0	1	2	3	4
18	I get tense when I speak in front of other people	0	1	2	3	4
19	I worry my head will shake or nod in front of others	0	1	2	3	4
20	I feel awkward and tense if I know people are watching me	0	1	2	3	4

Developer Reference:

Mattick, Richard P., & Clarke, J. Christopher. (1998). Development and validation of measures of social phobia scrutiny fear and social interaction anxiety. *Behaviour Research and Therapy*, 36(4), 455-470. doi: 10.1016/S0005-7967(97)10031-6