

SPIN Social Phobia Inventory

x

1225 Crane St., #106
Menlo Park, CA 94025

Name: _____

Date: _____

Below is a list of common symptoms of social anxiety. Please indicate how much you have been bothered by each symptom during the PAST WEEK (INCLUDING TODAY) by checking the appropriate box.

		Not at all 0	A little bit 1	Somewhat 2	Very much 3	Extremely 4
1	I am afraid of people in authority.					
2	I am bothered by blushing in front of people.					
3	Parties and social events scare me.					
4	I avoid talking to people I don't know.					
5	Being criticized scares me a lot.					
6	Fear of embarrassment causes me to avoid doing things or speaking to people.					
7	Sweating in front of people causes me distress.					
8	I avoid going to parties.					
9	I avoid activities in which I am the center of attention.					
10	Talking to strangers scares me.					
11	I avoid having to give speeches.					
12	I would do anything to avoid being criticized.					
13	Heart palpitations bother me when I am around people.					
14	I am afraid of doing things when people might be watching.					
15	Being embarrassed or looking foolish are among my worst fears.					
16	I avoid speaking to anyone in authority.					
17	Trembling or shaking in front of others is distressing to me.					

(wnl 19-22)

Score: _____