

Social Phobia Inventory (SPIN)

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

Score	Anxiety Severity
0-20	None
21-30	Mild
31-40	Moderate
41-50	Severe
51-68	Very Severe