SPQ

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1. In social situations where it is possible that you will be noticed or evaluated by other people, do you feel excessively nervous, fearful or uncomfortable? Yes_____ No_____

2. Do you tend to be *overly* worried that you may act in a way that might embarrass or humiliate yourself in front of other people, or that others may not think well of you? Yes_____ No_____

3. Do you try to avoid social situations? Yes_____ No_____

Below is a list of some situations that are fear provoking for some people. Rate the severity of your anxiety and avoidance on the following scales:

0 = No fear	0 = Never avoid
1 = mild fear	1 = Rarely avoid
2 = Moderate fear	2 = Sometimes avoid
3 = Severe fear	3 = Often avoid
4 = Very severe	4 = Always avoid

	a) Fear					b) Avoidance				
4. Parties	0	1	2	3	4	0	1	2	3	4
5. Meetings	0	1	2	3	4	0	1	2	3	4
6. Eating in a public location	0	1	2	3	4	0	1	2	3	4
7. Using public bathrooms when others are present	0	1	2	3	4	0	1	2	3	4
8. Becoming the focus of attention	0	1	2	3	4	0	1	2	3	4
9. Writing in front of other people (signing checks, filling out forms)	0	1	2	3	4	0	1	2	3	4
10. Dating circumstances	0	1	2	3	4	0	1	2	3	4
11. A first date	0	1	2	3	4	0	1	2	3	4
12. Meeting people in authority	0	1	2	3	4	0	1	2	3	4
13. Speaking with people in authority	0	1	2	3	4	0	1	2	3	4
14. Saying “no” to unreasonable requests	0	1	2	3	4	0	1	2	3	4
15 Asking others to do something differently	0	1	2	3	4	0	1	2	3	4
16. Being introduced	0	1	2	3	4	0	1	2	3	4
17. Initiating a conversation	0	1	2	3	4	0	1	2	3	4
18. Keeping a conversation going	0	1	2	3	4	0	1	2	3	4
19. Giving a speech	0	1	2	3	4	0	1	2	3	4
20. Using the telephone	0	1	2	3	4	0	1	2	3	4
21. Others judging you	0	1	2	3	4	0	1	2	3	4
22. Being under observation by others	0	1	2	3	4	0	1	2	3	4
23. Being teased	0	1	2	3	4	0	1	2	3	4

24. Do you tend to experience fear each time you are in feared social situations? Yes____ No____

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25. Does the fear come on as soon as you encounter feared social situations? Yes____ No____

26. Would you say that your social fear is excessive or unreasonable? Yes____ No____

27. Circle the degree to which your social fear interferes with your life, work, social activities, family, etc?

0	1	2	3	4
No Interference	Mild	Moderate	Severe	Very Severe/Disabling

28. How distressing do you find your social fear? (Circle one)

0	1	2	3	4
Not Distressing	Mildly	Moderately	Severely	Very Severely

29. Has what you have been able to achieve in your job or in school been negatively effected by your social fear? Yes____ No____