SOCIAL PHOBIA INVENTORY (SPIN) ©

Please indicate how much the following problems have bothered you during the past week. Mark only one box for each problem, and be sure to answer all items.

		Not at all	A little bit	Somewhat	Very much	Extremely
1.	I am afraid of people in authority					
2.	I am bothered by blushing in front of people				10	
3.	Parties and social events scare me					
4.	I avoid talking to people I don't know					
5.	Being criticized scares me a lot		Q C			
6.	Fear of embarrassment causes me to avoid doing things or speaking to people					
7.	Sweating in front of people causes me distress	2				
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 stupid is among my worst fears					
16.	I avoid speaking to anyone in authority					
17.	Trembling or shaking in front of others is distressing to me					

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