

Social Phobia Inventory (SPIN)

Identifier

Date

Please read each statement and select a number 0, 1, 2, 3 or 4 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

0 = Not at all 1 = A little bit 2 = Somewhat 3 = Very much 4 = Extremely

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 I avoid doing things or speaking to people for fear of embarrassment

7 Sweating in front of people causes me distress

8 I avoid going to parties

9 I avoid activities in which I am the centre 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 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

Total score =

Severity	None	Mild	Moderate	Severe	Very Severe
Score	Less than 20	21 - 30	31 - 40	41 - 50	51 or more

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.