

SPAI-THE SOCIAL PHOBIA AND ANXIETY INVENTORY

Name: _____ Age: _____ Sex: M F Date: ____/____/____

Please use the scale listed opposite and circle the number which best reflects how frequently you experience these responses.

Never Very Infrequent Sometimes Frequent Very Frequent Always

	Never	Very Infrequent	Sometimes	Frequent	Very Frequent	Always
1. I feel anxious when entering social situations where there is a small group	0	1	2	3	4	5
2. I feel anxious when entering social situations where there is a large group	0	1	2	3	4	5
3. I feel anxious when I am in a social situation and I become the center of attention	0	1	2	3	4	5
4. I feel anxious when I am in a social situation and I am expected to engage in some activity	0	1	2	3	4	5
5. I feel anxious when making a speech in front of an audience	0	1	2	3	4	5
6. I feel anxious when speaking in a small informal meeting	0	1	2	3	4	5
7. I feel so anxious about attending social gatherings that I avoid these situations	0	1	2	3	4	5
8. I feel so anxious in social situations that I leave the social gathering	0	1	2	3	4	5
9. I feel anxious when in a small gathering with:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5
10. I feel anxious when in a large gathering with:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5
11. I feel anxious when in a bar or restaurant with:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5
12. I feel anxious and I do not know what to do when in a new situation with:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5
13. I feel anxious and I do not know what to do when in a situation involving confrontation with:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5
14. I feel anxious and I do not know what to do when in an embarrassing situation with:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5
15. I feel anxious when discussing intimate feelings with:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5
16. I feel anxious when stating an opinion to:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5
17. I feel anxious when talking about business with:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5
18. I feel anxious when approaching and/or initiating a conversation with:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5
19. I feel anxious when having to interact for longer than a few minutes with:						
strangers	0	1	2	3	4	5
authority figures	0	1	2	3	4	5
opposite sex	0	1	2	3	4	5
people in general	0	1	2	3	4	5

Please use the scale listed opposite and circle the number which best reflects how frequently you experience these responses.



	Never	Very Infrequent	Infrequent	Sometimes	Frequent	Very Frequent	Always
20. I feel anxious when drinking (any type of beverage) and/or eating in front of:							
strangers	0	1	2	3	4	5	6
authority figures	0	1	2	3	4	5	6
opposite sex	0	1	2	3	4	5	6
people in general	0	1	2	3	4	5	6
21. I feel anxious when writing or typing in front of:							
strangers	0	1	2	3	4	5	6
authority figures	0	1	2	3	4	5	6
opposite sex	0	1	2	3	4	5	6
people in general	0	1	2	3	4	5	6
22. I feel anxious when speaking in front of:							
strangers	0	1	2	3	4	5	6
authority figures	0	1	2	3	4	5	6
opposite sex	0	1	2	3	4	5	6
people in general	0	1	2	3	4	5	6
23. I feel anxious when being criticized or rejected by:							
strangers	0	1	2	3	4	5	6
authority figures	0	1	2	3	4	5	6
opposite sex	0	1	2	3	4	5	6
people in general	0	1	2	3	4	5	6
24. I attempt to avoid social situations where there are:							
strangers	0	1	2	3	4	5	6
authority figures	0	1	2	3	4	5	6
opposite sex	0	1	2	3	4	5	6
people in general	0	1	2	3	4	5	6
25. I leave social situations where there are:							
strangers	0	1	2	3	4	5	6
authority figures	0	1	2	3	4	5	6
opposite sex	0	1	2	3	4	5	6
people in general	0	1	2	3	4	5	6
26. Before entering a social situation I think about all the things that can go wrong.							
The types of thoughts I experience are:							
Will I be dressed properly?	0	1	2	3	4	5	6
I will probably make a mistake and look foolish	0	1	2	3	4	5	6
What will I do if no one speaks to me?	0	1	2	3	4	5	6
If there is a lag in the conversation, what can I talk about?	0	1	2	3	4	5	6
People will notice how anxious I am	0	1	2	3	4	5	6
27. I feel anxious before entering a social situation	0	1	2	3	4	5	6
28. My voice leaves me or changes when I am talking in a social situation	0	1	2	3	4	5	6
29. I am not likely to speak to people until they speak to me	0	1	2	3	4	5	6
30. I experience troubling thoughts when I am in a social setting. For example:							
I wish I could leave and avoid the whole situation	0	1	2	3	4	5	6
If I mess up again I will really lose my confidence	0	1	2	3	4	5	6
What kind of impression am I making?	0	1	2	3	4	5	6
Whatever I say it will probably sound stupid	0	1	2	3	4	5	6
31. I experience the following prior to entering a social situation:							
Sweating	0	1	2	3	4	5	6
Frequent urge to urinate	0	1	2	3	4	5	6
Heart palpitations	0	1	2	3	4	5	6
32. I experience the following in a social situation:							
Sweating	0	1	2	3	4	5	6
Blushing	0	1	2	3	4	5	6
Shaking	0	1	2	3	4	5	6
Frequent urge to urinate	0	1	2	3	4	5	6
Heart palpitations	0	1	2	3	4	5	6
33. I feel anxious when I am home alone	0	1	2	3	4	5	6
34. I feel anxious when I am in a strange place	0	1	2	3	4	5	6
35. I feel anxious when I am on any form of public transportation (e.g., bus, train, airplane)	0	1	2	3	4	5	6
36. I feel anxious when crossing streets	0	1	2	3	4	5	6
37. I feel anxious when I am in crowded public places (e.g., stores, church, movies, restaurants, etc.)	0	1	2	3	4	5	6
38. Being in large open spaces makes me feel anxious	0	1	2	3	4	5	6
39. I feel anxious when I am enclosed in places (e.g., elevators, tunnels, etc.)	0	1	2	3	4	5	6
40. Being in high places makes me feel anxious (e.g., tall buildings)	0	1	2	3	4	5	6
41. I feel anxious when waiting in a long line	0	1	2	3	4	5	6
42. There are times when I feel like I have to hold on to things because I am afraid I will fall	0	1	2	3	4	5	6
43. When I leave home and go to various places, I go with a family member or a friend	0	1	2	3	4	5	6
44. I feel anxious when riding in a car	0	1	2	3	4	5	6
45. There are certain places I do not go to because I may feel trapped	0	1	2	3	4	5	6