

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.

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

1	I am afraid of people in authority	<input type="radio"/>
2	I am bothered by blushing in front of people	<input type="radio"/>
3	Parties and social events scare me	<input type="radio"/>
4	I avoid talking to people I don't know	<input type="radio"/>
5	Being criticized scares me a lot	<input type="radio"/>
6	Fear of embarrassment causes me to avoid doing things or speaking to people	<input type="radio"/>
7	Sweating in front of people causes me distress	<input type="radio"/>
8	I avoid going to parties	<input type="radio"/>
9	I avoid activities in which I am the centre of attention	<input type="radio"/>
10	Talking to strangers scares me	<input type="radio"/>
11	I avoid having to give speeches	<input type="radio"/>
12	I would do anything to avoid being criticized	<input type="radio"/>
13	Heart palpitations bother me when I am around people	<input type="radio"/>
14	I am afraid of doing things when people might be watching	<input type="radio"/>

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	
Total score =		

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

The SPIN is a 17-item self-rating scale for social anxiety disorder (social phobia). The scale is rated over the past week and includes items assessing each of the symptom domains of social anxiety disorder (fear, avoidance, and physiologic arousal).

Privacy - please note - this form does not transmit any information about you or your assessment scores. 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.