

Liebowitz Social Anxiety Scale (LSAS-SR)

Name _____ Date _____

Fill out the following questionnaire with the most suitable answer listed below. Base your answers on your experience in the past week and, if you have completed the scale previously, be as consistent as possible in your perception of the situation described. Be sure to answer all items.

Fear or Anxiety	Avoidance
> 0 = None	> 0 = Never (0%)
> 1 = Mild	> 1 = Occasionally (1%-33% of the time)
> 2 = Moderate	> 2 = Often (33%-67% of the time)
> 3 = Severe	> 3 = Usually (67%-100% of the time)

Understanding the situations:	FEAR OR ANXIETY	AVOIDANCE
1. Telephoning in public - speaking on the telephone in a public place		
2. Participating in small groups - having a discussion with a few others		
3. Eating in public places - do you tremble or feel awkward handling food		
4. Drinking with others in public places - refers to any beverage including alcohol		
5. Talking to people in authority - for example, a boss or teacher		
6. Acting, performing or giving a talk in front of an audience - refers to a large audience		
7. Going to a party - an average party to which you may be invited; assume you know some but not all people at the party		
8. Working while being observed - any type of work you might do including school work or housework		
9. Writing while being observed - for example, signing a check in a bank		
10. Calling someone you don't know very well		
11. Talking with people you don't know very well		
12. Meeting strangers - assume others are of average importance to you		
13. Urinating in a public bathroom - assume that others are sometimes present, as might normally be expected		
14. Entering a room when others are already seated - refers to a small group, and nobody has to move seats for you		
15. Being the center of attention - telling a story to a group of people		
16. Speaking up at a meeting - speaking from your seat in a small meeting or standing up in place in a large meeting		
17. Taking a written test		
18. Expressing appropriate disagreement or disapproval to people you don't know very well		
19. Looking at people you don't know very well in the eyes - refers to appropriate eye contact		
20. Giving a report to a group - refers to an oral report to a small group		
21. Trying to pick up someone - refers to a single person attempting to initiate a relationship with a stranger		
22. Returning goods to a store where returns are normally accepted		
23. Giving an average party		
24. Resisting a high pressure salesperson - avoidance refers to listening to the salesperson for too long		