

SPIN

Circle the number that best describes how much the following problems have bothered you:

	Not at all	A little	Moderately	A lot	Extremely
1. I am afraid of people in authority	0	1	2	3	4
2. I am bothered by blushing in front of people	0	1	2	3	4
3. Parties and social events scare me	0	1	2	3	4
4. I avoid talking to people I don't know	0	1	2	3	4
5. Being criticised scares me a lot	0	1	2	3	4
6. Fear of embarrassment causes me to avoid doing things or speaking to people	0	1	2	3	4
7. Sweating in front of people causes me distress	0	1	2	3	4
8. I avoid going to parties	0	1	2	3	4
9. I avoid activities in which I am the centre of attention	0	1	2	3	4
10. Talking to strangers scares me	0	1	2	3	4
11. I avoid having to give speeches	0	1	2	3	4
12. I would do anything to avoid being criticised	0	1	2	3	4
13. Heart palpitations bother me when I am around people	0	1	2	3	4
14. I am afraid of doing things when people might be watching	0	1	2	3	4
15. Being embarrassed or looking stupid are my worst fears	0	1	2	3	4
16. I avoid speaking to anyone in authority	0	1	2	3	4
17. Trembling or shaking in front of others is distressing to me.	0	1	2	3	4