

Liebowitz Social Anxiety Scale

Name: _____ DOB: _____ Date: _____

Liebowitz, MR. Social Phobia. Mod. Prob. Pharmacopsychiatry 1987

Directions: For each situation, put a number that represents your rate of anxiety (0= none, 1 = mild, 2 = moderate, 3 = severe) and your rate of avoidance (0 = never avoid, 1 = occasionally avoid, 2 = often avoid, 3 = usually avoid).

Situation	Column 1. Fear or anxiety	Column 2. Avoidance	Column 3. Add 1 + 2
1. Telephoning in public	-	-	-
2. Participating in small groups	-	-	-
3. Eating in public places	-	-	-
4. Drinking with others in public places	-	-	-
5. Talking to people in authority	-	-	-
6. Acting, performing, or giving a talk in front of an audience	-	-	-
7. Going to a party	-	-	-
8. Working while being observed	-	-	-
9. Writing while being observed	-	-	-
10. Calling someone you don't know very well	-	-	-
11. Talking with people you don't know very well	-	-	-
12. Meeting strangers	-	-	-
13. Urinating in a public bathroom	-	-	-
14. Entering a room when others are already seated	-	-	-
15. Being the center of attention	-	-	-
16. Speaking up at a 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	-	-	-
20. Giving a report to a group	-	-	-
21. Trying to pick up someone	-	-	-
22. Returning goods to a store where returns are normally accepted	-	-	-
23. Giving an average party	-	-	-
24. Resisting a high pressure sales person	-	-	-
Total Score (add up all Column 3 scores)			