

How Much Social Anxiety Do You Have?

By Amy Scholten, MPH

The following survey has been designed to help you gauge your level of social anxiety. Please keep in mind that this is a *general* assessment of social anxiety, not a diagnostic tool. Please see a mental health care provider for more in-depth testing.

Directions: Please read each statement carefully and select the answer that best describes your level of fear in each situation. When finished, interpret your score at the bottom of the page.

1. If I had to make a prepared speech or presentation in front of a group of people, I would feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5
Severe nervousness - 10

2. If I had to take part in a group discussion, I would feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5
Severe nervousness - 10

3. When I meet someone new, I feel:

No nervousness – 0
Mild nervousness-1
Moderate nervousness - 5
Severe nervousness - 10

4. When talking to people in positions of authority, I feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5
Severe nervousness -10

5. If I had to call someone on the phone that I didn't know well, I would feel:

No nervousness – 0

Mild nervousness -1
Moderate nervousness - 5
Severe nervousness - 10

6. If I'm observed while performing a task, I feel:

No nervousness – 0
Mild nervousness-1
Moderate nervousness - 5
Severe nervousness - 10

7. When I walk into a room where everyone else is already seated, I feel:

No nervousness – 0
Mild nervousness-1
Moderate nervousness - 5
Severe nervousness - 10

8. When I eat or drink in front of others I feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5
Severe nervousness - 10

9. When I'm the center of attention, I feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5
Severe nervousness - 10

10. If I have to return something to a store I feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5
Severe nervousness - 10

11. If I need to complain about a product or service, I feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5

Severe nervousness - 10

12. When I want to express disagreement or disapproval with others, I feel:

No nervousness – 0

Mild nervousness -1

Moderate nervousness - 5

Severe nervousness - 10

13. Having to converse with strangers makes me feel:

No nervousness – 0

Mild nervousness -1

Moderate nervousness - 5

Severe nervousness - 10

14. When using a public restroom, I feel:

No nervousness – 0

Mild nervousness -1

Moderate nervousness - 5

Severe nervousness - 10

15. If I had to host a party, I would feel:

No nervousness – 0

Mild nervousness -1

Moderate nervousness - 5

Severe nervousness - 10

16. When I'm around a person in whom I'm romantically interested, I feel:

No nervousness – 0

Mild nervousness -1

Moderate nervousness - 5

Severe nervousness - 10

17. Participating in a group makes me feel:

No nervousness – 0

Mild nervousness -1

Moderate nervousness - 5

Severe nervousness - 10

18. The possibility of being criticized makes me feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5
Severe nervousness - 10

19. Social gatherings and parties make me feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5
Severe nervousness - 10

20. If I have to write something in front of others, I feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5
Severe nervousness - 10

21. Making eye contact with someone that I don't know well makes me feel:

No nervousness – 0
Mild nervousness -1
Moderate nervousness - 5
Severe nervousness - 10

22. I fear that people are judging me.

Never – 0
Occasionally -1
Often - 5
Usually - 10

23. I feel that my social fears interfere with my ability to function at school or work.

Never - 0
Occasionally - 1
Often - 5
Usually - 10

24. I feel that my social fears have kept me from doing things I would like to do.

Never - 0
Occasionally - 1
Often - 5
Usually - 10

25. In social situations, I experience pounding heartbeat, sweating, blushing, trembling, shaking, or feelings of panic.

Never - 0
Occasionally - 1
Often - 5
Usually - 10

Social Anxiety Score

0-50	Your score suggests a low level of social anxiety.
51-115	Your score suggests a moderate level of social anxiety.
116-150	Your score suggests a fairly high level of social anxiety.
151-250	Your score suggests a high to very high level of social anxiety.

Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.