**Social Anxiety Questionnaire for Adults (SAQ-A30)**

Below are a series of social situations that may or may not cause you UNEASE, STRESS, or NERVOUSNESS. Please place an “X” on the number next to each social situation that best reflects your reaction, where "1" represents no unease, stress, or nervousness and "5" represents very high or extreme unease, stress, or nervousness. If you have never experienced the situation described, please imagine what your level of UNEASE, STRESS, or NERVOUSNESS might be if you were in that situation, and rate how you imagine you would feel by placing an “X” on the corresponding number.

Level of Unease, Stress, or Nervousnessç

Not at all Slight Moderate High Very high or

or very slight Extremely high

1 2 3 4 5

Please rate all the items and do so honestly; do not worry about your answer because there are no right or wrong ones.

1. Greeting someone and being ignored 1 – 2 – 3 – 4 – 5

2. Having to ask a neighbor to stop making noise 1 – 2 – 3 – 4 – 5

3. Speaking in public 1 – 2 – 3 – 4 – 5

4. Asking someone attractive of the opposite sex for a date 1 – 2 – 3 – 4 – 5

5. Complaining to the waiter about my food 1 – 2 – 3 – 4 – 5

6. Feeling watched by people of the opposite sex 1 – 2 – 3 – 4 – 5

7. Participating in a meeting with people in authority 1 – 2 – 3 – 4 – 5

8. Talking to someone who isn't paying attention to what I am saying 1 – 2 – 3 – 4 – 5

9. Refusing when asked to do something I don't like doing 1 – 2 – 3 – 4 – 5

10. Being mugged or robbed by an armed gang 1 – 2 – 3 – 4 – 5

11. Making new friends 1 – 2 – 3 – 4 – 5

12. Telling someone that they have hurt my feelings 1 – 2 – 3 – 4 – 5

13. Having to speak in class, at work, or in a meeting 1 – 2 – 3 – 4 – 5

14. Maintaining a conversation with someone I've just met 1 – 2 – 3 – 4 – 5

15. Expressing my annoyance to someone that is picking on me 1 – 2 – 3 – 4 – 5

16. Greeting each person at a social meeting when I don't know

most of them 1 – 2 – 3 – 4 – 5

17. Being teased in public 1 – 2 – 3 – 4 – 5

18. Talking to people I don't know at a party or a meeting 1 – 2 – 3 – 4 – 5

19. Being asked a question in class by the teacher or by a superior

in a meeting 1 – 2 – 3 – 4 – 5

20. Looking into the eyes of someone I have just met while we

are talking 1 – 2 – 3 – 4 – 5

21. Being asked out by a person I am attracted to 1 – 2 – 3 – 4 – 5

22. Making a mistake in front of other people 1 – 2 – 3 – 4 – 5

23. Attending a social event where I know only one person 1 – 2 – 3 – 4 – 5

24. Starting a conversation with someone of the opposite sex

that I like 1 – 2 – 3 – 4 – 5

25. Being reprimanded about something I have done wrong 1 – 2 – 3 – 4 – 5

26. While having dinner with colleagues, classmates or workmates,

being asked to speak on behalf of the entire group 1 – 2 – 3 – 4 – 5

27. One of my parents getting seriously ill 1 – 2 – 3 – 4 – 5

28. Telling someone that their behavior bothers me and asking

them to stop 1 – 2 – 3 – 4 – 5

29. Asking someone I find attractive to dance 1 – 2 – 3 – 4 – 5

30. Being criticized 1 – 2 – 3 – 4 – 5

31. Talking to a superior or a person in authority 1 – 2 – 3 – 4 – 5

32. Telling someone I am attracted to that I would like to get

to know them better 1 – 2 – 3 – 4 – 5

Citations:

Caballo, V. E., Arias, B., Salazar, I. C., Irutia, M. J., Hofmann, S. G., & CISO-A Research Team (2015). Psychometric properties of than innovative self-report measure: The Social Anxiety Questionnaire for Adults. *Psychological Assessment*, 27, 997-1012. doi: 10.1037/a0038828

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