Mathers Clinic
LSAS-SR: Liebowitz Social Anxiety Scale

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)

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** - Eating in public places
_____	_____	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

Liebowitz MR. Social Phobia. *Mod Probl Pharmacopsychiatry* 1987;22:141-173

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