

# 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. <b>Telephoning in public</b> - speaking on the telephone in a public place   |
| _____ | _____ | 2. <b>Participating in small groups</b> - having a discussion with a few others   |
| _____ | _____ | 3. <b>Eating in public places</b> - Eating in public places   |
| _____ | _____ | 4. <b>Drinking with others in public places</b> - refers to any beverage including alcohol                                      |
| _____ | _____ | 5. <b>Talking to people in authority</b> - for example, a boss or teacher   |
| _____ | _____ | 6. <b>Acting, performing or giving a talk in front of an audience</b> - refers to a large audience                              |
| _____ | _____ | 7. <b>Going to a party</b> - an average party to which you may be invited; assume you know some but not all people at the party |
| _____ | _____ | 8. <b>Working while being observed</b> - any type of work you might do including school work or housework                       |
| _____ | _____ | 9. <b>Writing while being observed</b> - for example, signing a check in a bank   |
| _____ | _____ | 10. <b>Calling someone you don't know very well</b>   |
| _____ | _____ | 11. <b>Talking with people you don't know very well</b>   |
| _____ | _____ | 12. <b>Meeting strangers</b> - assume others are of average importance to you   |
| _____ | _____ | 13. <b>Urinating in a public bathroom</b> - assume that others are sometimes present, as might normally be expected             |
| _____ | _____ | 14. <b>Entering a room when others are already seated</b> - refers to a small group, and nobody has to move seats for you       |
| _____ | _____ | 15. <b>Being the center of attention</b> - telling a story to a group of people   |
| _____ | _____ | 16. <b>Speaking up at a meeting</b> - speaking from your seat in a small meeting or standing up in place in a large meeting     |
| _____ | _____ | 17. <b>Taking a written test</b>  |
| _____ | _____ | 18. <b>Expressing appropriate disagreement or disapproval to people you don't know very well</b>                                |
| _____ | _____ | 19. <b>Looking at people you don't know very well in the eyes</b> - refers to appropriate eye contact                           |
| _____ | _____ | 20. <b>Giving a report to a group</b> - refers to an oral report to a small group   |
| _____ | _____ | 21. <b>Trying to pick up someone</b> - refers to a single person attempting to initiate a relationship with a stranger          |
| _____ | _____ | 22. <b>Returning goods to a store where returns are normally accepted</b>   |
| _____ | _____ | 23. <b>Giving an average party</b>  |
| _____ | _____ | 24. <b>Resisting a high pressure salesperson</b> - avoidance refers to listening to the salesperson for too long                |

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



**Crystal Lake:** 145 S Virginia St, Crystal Lake, IL 60014  
**Woodstock:** 715 W Judd St, Woodstock, IL 60098  
**Elgin:** 420 Airport Rd, Ste C, Elgin, IL 60123  
**Fox Lake:** 101 Towne Centre Ln, Fox Lake, IL 60020

phone: 815.444.9999      fax: **815.986.1363**  
 phone: 815.444.9999      fax: **815.986.1363**  
 phone: 847.462.6099      fax: **847.628.6064**  
 phone: 224.908.3005      fax: **847.531.1296**