

Liebowitz Social Anxiety Scale (LSAS-SR)

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)

Understanding the situations:	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 - do you tremble or feel awkward handling food		
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		

Name:

Date:

The Generalized Anxiety Disorder 7-Item Scale

Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems?	Not at all	Several Days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Total Score: = Add Columns _____ + _____ + _____

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not at all Somewhat difficult Very difficult Extremely Difficult

_____ _____ _____ _____

Interpreting the Score:

Total Score	Interpretation
≥10	Possible diagnosis of GAD; confirm by further evaluation
0-5	Mild Anxiety
6-15	Moderate anxiety
17-21	Severe anxiety