

**SOCIAL PHOBIA INVENTORY (spin) ©**

**Directions:**

1. Print out the form
2. Complete the provided form
3. Share them with your health care provider to determine a diagnosis

**Please indicate how much the following problems have bothered you during the past week. Mark only one box for each problem, and be sure to answer all items.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Not at all** | **A little bit** | **Somewhat** | **Very much** | **Extremely** |
|  |  |  |  |  |  |  |
| 1. | I am afraid of people in authority |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 2. | I am bothered by blushing in front of people |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 3. | Parties and social events scare me |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 4. | I avoid talking to people I don’t know |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 5. | Being criticized scares me a lot |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 6. | Fear of embarrassment causes me to avoid doing things or speaking to people |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 7. | Sweating in front of people causes me distress |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 8. | I avoid going to parties |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 9. | I avoid activities in which I am the center of attention |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 10. | Talking to strangers scares me |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 11. | I avoid having to give speeches |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 12. | I would do anything to avoid being criticized |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 13. | Heart palpitations bother me when I am around people |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 14. | I am afraid of doing things when people might be watching |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 15. | Being embarrassed or looking stupid is among my worst fears |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 16. | I avoid speaking to anyone in authority |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 17. | Trembling or shaking in front of others is distressing to me |  |  |  |  |  |
|  |  |  |  |  |  |  |

Copyright ©, Jonathan Davidson. 1995, 2008, 2017. All rights reserved. Except for personal use of up to three copies at the ADAA website, permission to use the SPIN must be obtained from the copyright holder at [mail@cd-risc.com](mailto:mail@cd-risc.com). The SPIN may not be reproduced, altered or transmitted in any form, or by any means, electronic or mechanical, or by any information storage or retrieval system without permission in writing from the copyright holder.