

**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 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
|  |  |  |  |  |  |  |

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