

Social Phobia Inventory (SPIN)

Identifier

Date

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.

0 = Not at all 1 = A little bit 2 = Somewhat 3 = Very much 4 = 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 centre 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

Total score =

Severity	None	Mild	Moderate	Severe	Very Severe
Score	Less than 20	21 - 30	31 - 40	41 - 50	51 or more

The SPIN is a 17-item self-rating scale for social anxiety disorder (social phobia). The scale is rated over the past week and includes items assessing each of the symptom domains of social anxiety disorder (fear, avoidance, and physiologic arousal).

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

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Document Version: 3.0

Last Updated: 10 November 2013

Planned Review: November 2018

Connor, K.M. *et al.* Psychometric Properties of the Social Phobia Inventory Br. J. Psych. 2000; 176: 379-386.