

**Social Phobia Inventory (SPIN):
Administration**

Please read each statement and click in the column that indicates how much the statement applied to you over the past week.

	Not at all (0)	A little bit (1)	Somewhat (2)	Very much (3)	Extremely (4)
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. I avoid doing things or speaking to people for fear of embarrassment.					
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 are among my worst fears.					
16. I avoid speaking to anyone in authority.					
17. Trembling or shaking in front of others is distressing to me.					
Totals:					

Social Phobia Inventory (SPIN): Scoring

The Social Phobia Inventory (abbreviated as SPIN) is a 17-item questionnaire developed by the Psychiatry and Behavioral Sciences Department at Duke University. It is effective in screening for, and measuring the severity of social anxiety disorder.

Sum each column using these guidelines:

Not at all = 0 points
A little bit = 1 point
Somewhat = 2 points
Very much = 3 points
Extremely = 4 points

Interpretive guidelines:

0-20 (little or no social anxiety)
21-30 (mild social anxiety)
31-40 (moderate social anxiety)
41-50 (severe social anxiety)
51-68 (very severe social anxiety)

Sources

1. KM Connor, et al. *Psychometric Properties of the Social Phobia Inventory (SPIN): New Self-Rating Scale*. British Journ Psych. 2000.
2. Klaus Ranta, et al. *Age and Gender Differences in Social Anxiety Symptoms During Adolescence: The Social Phobia Inventory (SPIN) as a Measure*. 153(3): Psych Research 261-270. December 2007.