

Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_

Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Social Phobia Inventory (SPIN)

In the past week…

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 0-  Not at all | 1-  A little bit | 2-  Somewhat | 3-  Very much | 4-  Extremely |
| I am afraid of people in authority |  |  |  |  |  |
| I am bothered by blushing in front of people |  |  |  |  |  |
| Parties and social events scare me |  |  |  |  |  |
| I avoid talking to people I don’t know |  |  |  |  |  |
| Being criticized scares me a lot |  |  |  |  |  |
| Fear of embarrassment causes me to avoid doing things or speaking to people |  |  |  |  |  |
| Sweating in front of people causes me distress |  |  |  |  |  |
| I avoid going to parties |  |  |  |  |  |
| I avoid activities in which I am the center of attention |  |  |  |  |  |
| Talking to strangers scares me |  |  |  |  |  |
| I avoid having to give speeches |  |  |  |  |  |
| I would do anything to avoid being criticized |  |  |  |  |  |
| Heart palpitations bother me when I am around people |  |  |  |  |  |
| I am afraid of doing things when people might be watching |  |  |  |  |  |
| Being embarrassed or looking stupid are my worst fears |  |  |  |  |  |
| I avoid speaking to anyone in authority |  |  |  |  |  |
| Trembling or shaking in front of others is distressing to me. |  |  |  |  |  |
| **TOTAL** |  |  |  |  |  |

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