

## SOCIAL ANXIETY QUESTIONNAIRE FOR ADULTS (SAQ)\*

(Caballo, Salazar, Arias, and Irurtia, 2010)

Below are a series of social situations that may or may not cause you UNEASE, STRESS or NERVOUSNESS. Please place an “X” on the number next to each social situation that best reflects your reaction, where “1” represents no unease, stress or nervousness and “5” represents very high or extreme unease stress, or nervousness.

If you have never experienced the situation described, please **imagine** what your level of UNEASE, STRESS, or NERVOUSNESS might be if you were in that situation and rate how you imagine you would feel by placing an “X” on the corresponding number.

### LEVEL OF UNEASE, STRESS OR NERVOUSNESS

Not at all or very slight 1	Slight 2	Moderate 3	High 4	Very high or extremely high 5
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Please rate all the items and do so **honestly**; do not worry about your answer because there are no right or wrong ones. Thank you very much for your collaboration.

1. Greeting someone and being ignored	1	2	3	4	5
2. Having to ask a neighbor to stop making noise	1	2	3	4	5
3. Speaking in public	1	2	3	4	5
4. Asking someone attractive of the opposite sex for a date	1	2	3	4	5
5. Complaining to the waiter about my food	1	2	3	4	5
6. Feeling watched by people of the opposite sex	1	2	3	4	5
7. Participating in a meeting with people in authority	1	2	3	4	5
8. Talking to someone who isn't paying attention to what I am saying	1	2	3	4	5
9. Refusing when asked to do something I don't like doing	1	2	3	4	5
10. Making new friends	1	2	3	4	5
11. Telling someone that they have hurt my feelings	1	2	3	4	5
12. Having to speak in class, at work, or in a meeting	1	2	3	4	5
13. Maintaining a conversation with someone I've just met	1	2	3	4	5
14. Expressing my annoyance to someone that is picking on me	1	2	3	4	5
15. Greeting each person at a social meeting when I don't know most of them	1	2	3	4	5
16. Being teased in public	1	2	3	4	5
17. Talking to people I don't know at a party or a meeting	1	2	3	4	5
18. Being asked a question in class by the teacher or by a superior in a meeting	1	2	3	4	5
19. Looking into the eyes of someone I have just met while we are talking	1	2	3	4	5
20. Being asked out by a person I am attracted to	1	2	3	4	5
21. Making a mistake in front of other people	1	2	3	4	5
22. Attending a social event where I know only one person	1	2	3	4	5
23. Starting a conversation with someone of the opposite sex that I like	1	2	3	4	5
24. Being reprimanded about something I have done wrong	1	2	3	4	5
25. While having dinner with colleagues, classmates or workmates, being asked to speak on behalf of the entire group	1	2	3	4	5
26. Telling someone that their behavior bothers me and asking them to stop	1	2	3	4	5
27. Asking someone I find attractive to dance	1	2	3	4	5
28. Being criticized	1	2	3	4	5
29. Talking to a superior or a person in authority	1	2	3	4	5
30. Telling someone I am attracted to that I would like to get to know them better	1	2	3	4	5

\*Reproduced with permission from Caballo, Salazar, Arias, et al. (2010). The SAQ was known formerly (and published elsewhere) as SAQ-A30.