

# SCI-SHY

## Structured Clinical Interview for Social Phobia

**Version 3.0**

May 31, 2002

**Subject ID:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Rater Code:** \_\_\_\_\_

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Acknowledgements: The development of this instrument was supported by a grant from Pfizer-Roering and NIMH grant MH30915.

## INTRODUCTION: SOCIAL PHOBIA SPECTRUM

Thank you for coming in to talk with me today. The interview we are going to do is focused on symptoms that you may or may not have experienced in your life. We want to identify whether you have had these symptoms at any time, even if it was a long time ago. We are interested in whether you had the symptoms at all, especially if having them bothered you or disturbed you. There are five sections of the interview and it should take us about an hour to complete it. Do you have any questions before we start ?

### DOMAIN I. CHILDHOOD AND ADOLESCENCE

**A. I would like to ask you some questions about shyness during childhood or adolescence.**

**When you were a child, do you remember (or have you ever been told) that you...**

1.	...were very shy?	Do Not Know	Yes	No
2.	...were particularly frightened when you had to speak or write in front of your classmates?	Do Not Know	Yes	No
3.	...avoided or wished you could avoid school social activities, such as eating or playing together during recess or playing sports?	Do Not Know	Yes	No
4.	...had physical symptoms in social situations or when you thought about having to be in social situations (for example, stomach-ache or headache)?	Do Not Know	Yes	No
5.	...did poorly at school because of shyness?	Do Not Know	Yes	No
6.	...found it difficult to make new friends?	Do Not Know	Yes	No
7.	...avoided or wanted to avoid social activities outside of school such as parties, sports, or playing with other children?	Do Not Know	Yes	No
8.	...refused to do errands for your parents that involved talking to or coming in contact with others (for example, going to the store, going to a neighbor's)?	Do Not Know	Yes	No
9.	...felt embarrassed and uncomfortable speaking with people you didn't know very well?	Do Not Know	Yes	No
10.	...were very quiet and sometimes unable to speak at all?	Do Not Know	Yes	No

**When you were a child, do you remember (or have you ever been told) that you...**

11.	...didn't want to go to school because you were afraid that the other children would stare at you and you would feel embarrassed and uncomfortable?	Do Not Know	Yes	No
12.	When you had to buy something or ask someone for information, did you prefer to have someone else do it for you?	Do Not Know	Yes	No

## DOMAIN II. INTERPERSONAL SENSITIVITY

### A. Social life and occupational functioning

#### Have you ever...

13.	...been very worried that people might be critical of you?	Do Not Know	Yes	No
14.	...felt that the fear of being judged by others affected your relationships?	Do Not Know	Yes	No
15.	...worried that you might be unappealing to others?	Do Not Know	Yes	No
16.	...worried that others considered you stupid, clumsy or ridiculous?	Do Not Know	Yes	No
17.	...been uncomfortable in situations where you were confined with other people such as in a waiting room or in a meeting?	Do Not Know	Yes	No
18.	...worried about hurting people's feelings because of something you said or did?	Do Not Know	Yes	No
19.	...worried about disapproval or hostility from others?	Do Not Know	Yes	No

#### Have you often felt...

20.	...put upon or resentful because you couldn't say "no" to a request?	Do Not Know	Yes	No
21.	...that you got involved in things when you didn't want to because you couldn't say "no"?	Do Not Know	Yes	No
22.	...particularly uncomfortable working or playing as part of a team?	Do Not Know	Yes	No
23.	...particularly embarrassed or uncomfortable meeting a new person?	Do Not Know	Yes	No
24.	...particularly embarrassed or uncomfortable meeting a person of the opposite sex?	Do Not Know	Yes	No
25.	...that no one could be interested in you romantically?	Do Not Know	Yes	No
26.	...you were physically unattractive?	Do Not Know	Yes	No
27.	...you needed to be well dressed or perfectly made up in order to feel comfortable in public?	Do Not Know	Yes	No

**Have you often felt...**

28.	...you needed to dress in a manner that didn't call any attention to yourself?	Do Not Know	Yes	No
29.	...particularly embarrassed or uncomfortable when you had to undress in front of another person (for example, gym class, beach, doctor's office)?	Do Not Know	Yes	No
30.	...that it was difficult to reject the advances of someone, out of fear of hurting them?	Do Not Know	Yes	No
31.	...that it was difficult to accept the advances of someone because you couldn't believe that he or she was really interested in you?	Do Not Know	Yes	No
32.	...that your partner was judging your performance during sexual activities?	Do Not Know	Yes	No
33.	...inadequate in everyday relationships, even with people like co-workers, sales people, peers?	Do Not Know	Yes	No
34.	...unable to criticize your partner's behavior even if you thought you should?	Do Not Know	Yes	No
35.	...extremely uncomfortable or wounded when others did not approve of your ideas or what you do?	Do Not Know	Yes	No
36.	...more comfortable in small groups?	Do Not Know	Yes	No
37.	...more comfortable holding a subordinate position in a group, rather than being the leader?	Do Not Know	Yes	No
38.	...unable to state your opinions during a discussion?	Do Not Know	Yes	No
39.	...unable to disagree during a discussion?	Do Not Know	Yes	No
40.	Have you often avoided, if possible, disagreeing with or expressing disapproval to others?	Do Not Know	Yes	No
41.	Do you feel nervous or uncomfortable when having to face, even in your imagination, any of the situations mentioned above?	Do Not Know	Yes	No

### DOMAIN III. INHIBITED BEHAVIOR

**A. Now I would like to ask you some questions about how you act in social situations.**

**Did you or have you ever been told that you often...**

42.	...speak very softly?	Do Not Know	Yes	No
43.	...use very short phrases?	Do Not Know	Yes	No
44.	...speak in a formal and deferential way?	Do Not Know	Yes	No
45.	...lower your body and your head?	Do Not Know	Yes	No
46.	...find it difficult to look others straight in the eye?	Do Not Know	Yes	No
47.	...feel afraid that someone might misinterpret your glance?	Do Not Know	Yes	No
48.	...feel afraid to look someone in the eyes because you felt that they could tell what you were thinking or feeling?	Do Not Know	Yes	No
49.	...apologize frequently even when it is not necessary?	Do Not Know	Yes	No
50.	...carefully control your movements?	Do Not Know	Yes	No
51.	...fidget to reduce your anxiety?	Do Not Know	Yes	No
52.	...clown around to reduce your anxiety?	Do Not Know	Yes	No
53.	...find it difficult to know where to look when talking to someone?	Do Not Know	Yes	No
54.	...find it difficult to know what to do with your hands in social situations?	Do Not Know	Yes	No
55.	...find you lose your breath when you talk to others?	Do Not Know	Yes	No
56.	...played a role (not being yourself), in order to be more comfortable?	Do Not Know	Yes	No
57.	...lied in order to be more comfortable?	Do Not Know	Yes	No

*Now I would like to ask you about some experiences that you may have had during those social situations mentioned previously.*

**During those social situations, have you often...**

58.	...blushed?	Do Not Know	Yes	No
59.	...trembled?	Do Not Know	Yes	No
60.	...felt your heart pounding?	Do Not Know	Yes	No
61.	...sweated?	Do Not Know	Yes	No
62.	...felt dizzy?	Do Not Know	Yes	No
63.	...suffered from nausea, diarrhea or stomach ache?	Do Not Know	Yes	No
64.	...had the urge to urinate?	Do Not Know	Yes	No

**DOMAIN IV. SPECIFIC ANXIETIES AND PHOBIC FEATURES**

**A. Phoning**

**When speaking on the telephone have you sometimes...**

65.	...become self-conscious of the sound of your voice?	Do Not Know	Yes	No
66.	...been afraid that the sound of your voice might be unpleasant?	Do Not Know	Yes	No
67.	...found it difficult to understand or remember what the other person said?	Do Not Know	Yes	No
68.	...felt embarrassed to talk when other people were present?	Do Not Know	Yes	No
69.	...found it difficult to think of what to say?	Do Not Know	Yes	No
70.	Do you worry a lot about having to talk on the telephone, for any of these reasons?	Do Not Know	Yes	No
71.	Do you avoid, or wish you could avoid, talking on the telephone, for any of these reasons?	Do Not Know	Yes	No

**B. Speaking during a meeting**

**Have you often felt embarrassed or uncomfortable during a meeting or a conference...**

72.	...when speaking up or giving a report to your colleagues?	Do Not Know	Yes	No
73.	...anticipating that someone might call upon you to speak?	Do Not Know	Yes	No
74.	...if you must ask or answer questions?	Do Not Know	Yes	No
75.	Do you worry a lot about having to speak at a meeting, for any of these reasons?	Do Not Know	Yes	No
76.	Have you often avoided or wished you could avoid speaking up at a meeting or giving a report, for these reasons?	Do Not Know	Yes	No
77.	Have you avoided promotions because of the fear of participating in meetings or giving reports to even a small group?	Do Not Know	Yes	No



### C. Writing

**When writing in front of other people, have you sometimes been afraid that...**

78.	...your hand might tremble or shake?	Do Not Know	Yes	No
79.	...someone might ask you to explain what you have written?	Do Not Know	Yes	No
80.	...you might write too slowly or be unable to do it?	Do Not Know	Yes	No
81.	...you might make a mistake?	Do Not Know	Yes	No
82.	...your handwriting might be criticized?	Do Not Know	Yes	No
83.	Do you worry a lot about having to write while being observed, for any of these reasons?	Do Not Know	Yes	No
84.	Have you often avoided writing or signing official documents in front of other people?	Do Not Know	Yes	No

### D. Using a public restroom

**Have you often felt embarrassed or uncomfortable...**

85.	...when urinating or defecating in a public bathroom?	Do Not Know	Yes	No
86.	...when you had to give a urine or stool sample?	Do Not Know	Yes	No
87.	...that somebody might see or hear you while urinating or defecating?	Do Not Know	Yes	No
88.	Do you worry about having to use a public bathroom, for these reasons?	Do Not Know	Yes	No
89.	Have you often avoided using a public bathroom for these reasons?	Do Not Know	Yes	No

### E. Eating and drinking

**Have you often felt embarrassed or uncomfortable when eating or drinking...**

90.	...in a restaurant or at a party even when you're with friends or relatives?	Do Not Know	Yes	No
91.	...with guests, even in your home?	Do Not Know	Yes	No

**Have you often felt embarrassed or uncomfortable when eating or drinking...**

92.	...in front of anyone?	Do Not Know	Yes	No
93.	...because you were afraid of trembling or shaking?	Do Not Know	Yes	No
94.	...because you were afraid that you might choke, vomit or make noises while eating?	Do Not Know	Yes	No
95.	...because you were afraid of doing something embarrassing such as dropping your plate or fork or spilling your drink?	Do Not Know	Yes	No
96.	Do you worry a lot about having to eat and drink for any of these reasons?	Do Not Know	Yes	No
97.	Have you often avoided or wished you could avoid eating or drinking in front of other people, for these reasons?	Do Not Know	Yes	No

**F. Working****When working in front of other people have you often felt...**

98.	...nervous or embarrassed?	Do Not Know	Yes	No
99.	...afraid of making a mistake that someone might notice?	Do Not Know	Yes	No
100.	...afraid that your colleagues might judge your behavior as 'odd'?	Do Not Know	Yes	No
101.	Do you worry a lot about having to work while being observed for any of these reasons?	Do Not Know	Yes	No
102.	Have you often avoided or wished you could avoid working in front of other people for these reasons?	Do Not Know	Yes	No

**G. Performing in public****Have you often felt embarrassed or uncomfortable...**

103.	...when speaking, singing or dancing in front of others?	Do Not Know	Yes	No
104.	...when performing in front of an audience?	Do Not Know	Yes	No
105.	...when taking an oral examination?	Do Not Know	Yes	No
106.	...before a public presentation, so that you have to prepare it excessively and carefully?	Do Not Know	Yes	No

**Have you often felt embarrassed or uncomfortable...**

107.	...that your voice might tremble or you might stammer or be unable to speak clearly, when speaking aloud in public or taking an oral examination?	Do Not Know	Yes	No
108.	...that you might black out while performing or taking an oral examination?	Do Not Know	Yes	No
109.	Do you worry a lot about having to perform in public or taking an oral examination, for any of these reasons?	Do Not Know	Yes	No
110.	Have you often avoided preparing for a performance or for an oral examination, for these reasons?	Do Not Know	Yes	No
111.	Have you often avoided or wished you could avoid performing in front of an audience or taking an oral examination, for these reasons?	Do Not Know	Yes	No
112.	Did you ever drop out of school or interrupt your education for these reasons?	Do Not Know	Yes	No

**H. Walking and driving****Have you often felt self-conscious or embarrassed...**

113.	...while walking on the street, so that you keep your eyes down?	Do Not Know	Yes	No
114.	...while walking or driving where others could see you?	Do Not Know	Yes	No
115.	...about asking directions and preferred to take the risk of getting lost?	Do Not Know	Yes	No
116.	...while walking on busy streets or in places where people hang out, to the point of avoiding such places?	Do Not Know	Yes	No
117.	Do you worry about having to walk or drive, for any of these reasons?	Do Not Know	Yes	No
118.	Have you often avoided or wished you could avoid walking or driving, for these reasons?	Do Not Know	Yes	No

**I. Entering a room when people are inside****Have you often felt embarrassed when...**

119.	...entering or leaving a room during a meeting or gathering that was in progress?	Do Not Know	Yes	No
120.	...entering a room where people were already assembled?	Do Not Know	Yes	No

**Have you often felt embarrassed when...**

121.	Do you worry a lot about having to enter a room when people are inside, for any of these reasons?	Do Not Know	Yes	No
122.	Have you often avoided or wished you could avoid entering a room full of people for these reasons?	Do Not Know	Yes	No

**J. Encountering strangers and people you don't know well****When encountering strangers or people you didn't know well, have you often felt...**

123.	...embarrassed or worried?	Do Not Know	Yes	No
124.	...afraid of being discourteous?	Do Not Know	Yes	No
125.	...afraid of blushing, while introducing yourself?	Do Not Know	Yes	No
126.	...afraid that you wouldn't know what to say?	Do Not Know	Yes	No
127.	...afraid your hand might sweat or tremble when shaking hands with someone?	Do Not Know	Yes	No
128.	Do you worry a lot about having to encounter strangers, for any of these reasons?	Do Not Know	Yes	No
129.	Have you often avoided or wished you could avoid meeting strangers, for these reasons?	Do Not Know	Yes	No

**K. Meeting people in authority****Have you often felt embarrassed or uncomfortable...**

130.	...when you are in the company of people in authority?	Do Not Know	Yes	No
131.	...when you had to introduce yourself to people in authority?	Do Not Know	Yes	No
132.	...when people in authority asked you a question?	Do Not Know	Yes	No
133.	Do you worry a lot about having to meet people in authority, for any of these reasons?	Do Not Know	Yes	No
134.	Have you often avoided or wished you could avoid such situations?	Do Not Know	Yes	No

## L. Parties

**When someone has invited you to a party or to a gathering with your friends, have you often felt...**

135.	...embarrassed or uncomfortable?	Do Not Know	Yes	No
136.	...afraid of meeting people?	Do Not Know	Yes	No
137.	...afraid of not being able to make conversation?	Do Not Know	Yes	No
138.	...afraid of not being interesting?	Do Not Know	Yes	No
139.	...afraid of being judged?	Do Not Know	Yes	No
140.	...afraid that your guests might criticize your home or hospitality?	Do Not Know	Yes	No
141.	Do you worry a lot about having to face situations similar to those mentioned above?	Do Not Know	Yes	No
142.	Do you worry a lot about having to go to or give a party for any of these reasons?	Do Not Know	Yes	No
143.	Have you often avoided or wished you could avoid going to parties, for these reasons?	Do Not Know	Yes	No
144.	Have you often avoided or wished you could avoid giving parties for these reasons?	Do Not Know	Yes	No

## M. Dating

**Now I would like to ask you some questions about dating.**

Note: The following questions refer to "liking" in the romantic sense.

**Have you often found it difficult to...**

145.	...ask someone you liked to get together, work on a project, play a sport or join you in some other activity?	Do Not Know	Yes	No
146.	...ask someone you liked to go out on a date, like to a movie, to dinner or to a club?	Do Not Know	Yes	No
147.	...ask someone you liked to come to your house or apartment?	Do Not Know	Yes	No
148.	...give a compliment to someone you liked?	Do Not Know	Yes	No

**Have you often found it difficult to...**

149.	...give a present to someone you liked?	Do Not Know	Yes	No
150.	...express romantic feelings to someone you liked?	Do Not Know	Yes	No
151.	...initiate physical contact, such as holding hands, hugging, or kissing, someone you liked?	Do Not Know	Yes	No
152.	...think about getting undressed in front of someone you liked?	Do Not Know	Yes	No
153.	Do you worry a lot about having to date or engage in any of these activities?	Do Not Know	Yes	No
154.	Have you often avoided or wished you could avoid dating or any of these activities?	Do Not Know	Yes	No

**N. Shopping****Have you often felt embarrassed or uncomfortable...**

155.	...when shopping?	Do Not Know	Yes	No
156.	...when sales people ask if they can help you?	Do Not Know	Yes	No
157.	...when you have to ask for information?	Do Not Know	Yes	No
158.	...leaving a shop without buying anything?	Do Not Know	Yes	No
159.	...when you have to return something to a store?	Do Not Know	Yes	No
160.	Have you ever bought something you couldn't use only because you were unable to say "no" to the clerk?	Do Not Know	Yes	No
161.	Do you worry a lot about having to go shopping, for any of these reasons?	Do Not Know	Yes	No
162.	Have you often avoided or wished you could avoid going shopping for these reasons?	Do Not Know	Yes	No

**DOMAIN V. SUBSTANCE USE**

**A. Alcohol or drug use**

**Have you often used the following substances in order to cope with social situations?**

163.	...tobacco?	Do Not Know	Yes	No
164.	...alcohol?	Do Not Know	Yes	No
165.	...anti-anxiety drugs (for example, valium, librium, xanax, etc.)?	Do Not Know	Yes	No
166.	...marijuana?	Do Not Know	Yes	No
167.	...street drugs (for example, cocaine, amphetamines, etc.)?	Do Not Know	Yes	No
168.	...other drugs (for example, beta blockers such as Atenolol, Tenormin, Propranolol, Inderal)?	Do Not Know	Yes	No