

SHY-SR – Lifetime

Subject ID: _____

Date: ___/___/___

Instructions

The following questions refer to experiences that you may have had in the past or that you may be having currently. Please answer each of the questions by circling “YES” or “NO.” Please note that not all the questions refer to symptoms of an illness.

These questions are about shyness during your childhood or adolescence.

When you were a child or an adolescent, do you remember or have you ever been told that you...

1.	...were very shy?	Yes	No
2.	...were particularly frightened when you had to speak or write in front of your classmates?	Yes	No
3.	...avoided or wished you could avoid school social activities, such as eating or playing together during recess or playing sports?	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)?	Yes	No
5.	...did poorly at school because of shyness?	Yes	No
6.	...found it difficult to make new friends?	Yes	No
7.	...avoided or wanted to avoid social activities outside of school such as parties, sports, or playing with other children?	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)?	Yes	No
9.	...felt embarrassed and uncomfortable speaking with people you didn't know very well?	Yes	No
10.	...were very quiet and sometimes unable to speak at all?	Yes	No
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?	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?	Yes	No

These questions explore things that you may have experienced at any time in your life.

Have you ever...

13.	...been very worried that people might be critical of you?	Yes	No
14.	...felt that the fear of being judged by others affected your relationships?	Yes	No
15.	...worried that you might be unappealing to others?	Yes	No
16.	...worried that others considered you stupid, clumsy or ridiculous?	Yes	No
17.	...been uncomfortable in situations where you were confined with other people such as in a waiting room or in a meeting?	Yes	No
18.	...worried about hurting people's feelings because of something you said or did?	Yes	No
19.	...worried about disapproval or hostility from others?	Yes	No

Have you often felt...

20.	...put upon or resentful because you couldn't say "no" to a request?	Yes	No
21.	...that you got involved in things when you didn't want to because you couldn't say "no"?	Yes	No
22.	...particularly uncomfortable working or playing as part of a team?	Yes	No
23.	...particularly embarrassed or uncomfortable meeting a new person?	Yes	No
24.	...particularly embarrassed or uncomfortable meeting a person of the opposite sex?	Yes	No
25.	...that no one could be interested in you romantically?	Yes	No
26.	...you were physically unattractive?	Yes	No
27.	...you needed to be well dressed or perfectly made up in order to feel comfortable in public?	Yes	No
28.	...you needed to dress in a manner that didn't call any attention to yourself?	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)?	Yes	No
30.	...that it was difficult to reject the advances of someone, out of fear of hurting them?	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?	Yes	No
32.	...that your partner was judging your performance during sexual activities?	Yes	No
33.	...inadequate in everyday relationships, even with people like co-workers, sales people, peers?	Yes	No

Have you often felt...

34.	...unable to criticize your partner's behavior even if you thought you should?	Yes	No
35.	...extremely uncomfortable or wounded when others did not approve of your ideas or what you do?	Yes	No
36.	...more comfortable in small groups?	Yes	No
37.	...more comfortable holding a subordinate position in a group, rather than being the leader?	Yes	No
38.	...unable to state your opinions during a discussion?	Yes	No
39.	...unable to disagree during a discussion?	Yes	No
40.	Have you often avoided, if possible, disagreeing with or expressing disapproval to others?	Yes	No
41.	Do you feel nervous or uncomfortable when having to face, even in your imagination, any of the situations mentioned above?	Yes	No

These questions are about how you act in social situations.

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

42.	...speak very softly?	Yes	No
43.	...use very short phrases?	Yes	No
44.	...speak in a formal and deferential way?	Yes	No
45.	...lower your body and your head?	Yes	No
46.	...find it difficult to look others straight in the eye?	Yes	No
47.	...feel afraid that someone might misinterpret your glance?	Yes	No

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

48.	...feel afraid to look someone in the eyes because you felt that they could tell what you were thinking or feeling?	Yes	No
49.	...apologize frequently even when it is not necessary?	Yes	No
50.	...carefully control your movements?	Yes	No
51.	...fidget to reduce your anxiety?	Yes	No
52.	...clown around to reduce your anxiety?	Yes	No
53.	...find it difficult to know where to look when talking to someone?	Yes	No
54.	...find it difficult to know what to do with your hands in social situations?	Yes	No
55.	...find you lose your breath when you talk to others?	Yes	No
56.	...played a role (not being yourself), in order to be more comfortable?	Yes	No
57.	...lied in order to be more comfortable?	Yes	No

These questions are about some experiences that you may have had during those social situations mentioned previously.

During those social situations, have you often...

58.	...blushed?	Yes	No
59.	...trembled?	Yes	No
60.	...felt your heart pounding?	Yes	No
61.	...sweated?	Yes	No
62.	...felt dizzy?	Yes	No
63.	...suffered from nausea, diarrhea or stomach ache?	Yes	No
64.	...had the urge to urinate?	Yes	No

The following questions refer to feelings that you may have experienced during some other social situations.

When talking on the phone, have you sometimes...

65.	...become self-conscious of the sound of your voice?	Yes	No
66.	...been afraid that the sound of your voice might be unpleasant?	Yes	No
67.	...found it difficult to understand or remember what the other person said?	Yes	No

When talking on the phone, have you sometimes...

68.	...felt embarrassed to talk when other people were present?	Yes	No
69.	...found it difficult to think of what to say?	Yes	No
70.	Do you worry a lot about having to talk on the telephone, for any of these reasons?	Yes	No
71.	Do you avoid, or wish you could avoid, talking on the telephone, for any of these reasons?	Yes	No

During a meeting, have you often felt embarrassed or uncomfortable...

72.	...when speaking up or giving a report to your colleagues?	Yes	No
73.	...anticipating that someone might call upon you to speak?	Yes	No
74.	...if you must ask or answer questions?	Yes	No
75.	Do you worry a lot about having to speak at a meeting, for any of these reasons?	Yes	No
76.	Have you often avoided or wished you could avoid speaking up at a meeting or giving a report, for these reasons?	Yes	No
77.	Have you avoided promotions because of the fear of participating in meetings or giving reports to even a small group?	Yes	No

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

78.	...your hand might tremble or shake?	Yes	No
79.	...someone might ask you to explain what you have written?	Yes	No
80.	...you might write too slowly or be unable to do it?	Yes	No
81.	...you might make a mistake?	Yes	No
82.	...your handwriting might be criticized?	Yes	No
83.	Do you worry a lot about having to write while being observed, for any of these reasons?	Yes	No
84.	Have you often avoided writing or signing official documents in front of other people?	Yes	No

Have you often felt embarrassed or uncomfortable...

85.	...when urinating or defecating in a public bathroom?	Yes	No
86.	...when you had to give a urine or stool sample?	Yes	No
87.	...that somebody might see or hear you while urinating or defecating?	Yes	No
88.	Do you worry about having to use a public bathroom, for these reasons?	Yes	No
89.	Have you often avoided using a public bathroom for these reasons?	Yes	No

When eating or drinking, have you often felt embarrassed or uncomfortable...

90.	...in a restaurant or at a party even when you're with friends or relatives?	Yes	No
91.	...with guests, even in your home?	Yes	No
92.	...in front of anyone?	Yes	No
93.	...because you were afraid of trembling or shaking?	Yes	No
94.	...because you were afraid that you might choke, vomit or make noises while eating?	Yes	No
95.	...because you were afraid of doing something embarrassing such as dropping your plate or fork or spilling your drink?	Yes	No
96.	Do you worry a lot about having to eat and drink for any of these reasons?	Yes	No
97.	Have you often avoided or wished you could avoid eating or drinking in front of other people, for these reasons?	Yes	No
98.	...nervous or embarrassed?	Yes	No
99.	...afraid of making a mistake that someone might notice?	Yes	No
100.	...afraid that your colleagues might judge your behavior as 'odd?'	Yes	No
101.	Do you worry a lot about having to work while being observed for any of these reasons?	Yes	No
102.	Have you often avoided or wished you could avoid working in front of other people for these reasons?	Yes	No

Have you often felt embarrassed or uncomfortable...

103.	...when speaking, singing or dancing in front of others?	Yes	No
104.	...when performing in front of an audience?	Yes	No

Have you often felt embarrassed or uncomfortable...

105.	...when taking an oral examination?	Yes	No
106.	...before a public presentation, so that you have to prepare it excessively and carefully?	Yes	No
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?	Yes	No
108.	...that you might black out while performing or taking an oral examination?	Yes	No
109.	Do you worry a lot about having to perform in public or taking an oral examination, for any of these reasons?	Yes	No
110.	Have you often avoided preparing for a performance or for an oral examination, for these reasons?	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?	Yes	No
112.	Did you ever drop out of school or interrupt your education for these reasons?	Yes	No

Have you often felt self-conscious or embarrassed...

113.	...while walking on the street, so that you keep your eyes down?	Yes	No
114.	...while walking or driving where others could see you?	Yes	No
115.	...about asking directions and preferred to take the risk of getting lost?	Yes	No
116.	...while walking on busy streets or in places where people hang out, to the point of avoiding such places?	Yes	No
117.	Do you worry about having to walk or drive, for any of these reasons?	Yes	No
118.	Have you often avoided or wished you could avoid walking or driving, for these reasons?	Yes	No

Have you often felt embarrassed when...

119.	...entering or leaving a room during a meeting or gathering that was in progress?	Yes	No
120.	...entering a room where people were already assembled?	Yes	No
121.	Do you worry a lot about having to enter a room when people are inside, for any of these reasons?	Yes	No
122.	Have you often avoided or wished you could avoid entering a room full of people for these reasons?	Yes	No

When encountering strangers or people you didn't know well, have you often felt...

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

Have you often felt embarrassed or uncomfortable...

130.	...when you are in the company of people in authority?	Yes	No
131.	...when you had to introduce yourself to people in authority?	Yes	No
132.	...when people in authority asked you a question?	Yes	No
133.	Do you worry a lot about having to meet people in authority, for any of these reasons?	Yes	No
134.	Have you often avoided or wished you could avoid such situations?	Yes	No

When attending or giving a party or meeting your friends, have you often felt...

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

The following questions are about dating and 'liking' in the romantic sense.

Have you often felt embarrassed or uncomfortable when you had to...

145.	...ask someone you liked to get together, work on a project, play a sport or join you in some other activity?	Yes	No
146.	...ask someone you liked to go out on a date, like to a movie, to dinner or to a club?	Yes	No
147.	...ask someone you liked to come to your house or apartment?	Yes	No
148.	...give a compliment to someone you liked?	Yes	No
149.	...give a present to someone you liked?	Yes	No
150.	...express romantic feelings to someone you liked?	Yes	No
151.	...initiate physical contact, such as holding hands, hugging, or kissing, someone you liked?	Yes	No
152.	...think about getting undressed in front of someone you liked?	Yes	No
153.	Do you worry a lot about having to date or engage in any of these activities?	Yes	No
154.	Have you often avoided or wished you could avoid dating or any of these activities?	Yes	No

These questions are about shopping.

Have you often felt embarrassed or uncomfortable...

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

The following questions are about the use of alcohol or drugs in order to cope with social situations.

In order to cope with these kinds of social situations, have you ever used...

163.	...tobacco?	Yes	No
164.	...alcohol?	Yes	No
165.	...anti-anxiety drugs (for example, valium, librium, xanax, etc.)?	Yes	No
166.	...marijuana?	Yes	No
167.	...street drugs (for example, cocaine, amphetamines, etc.)?	Yes	No
168.	...other drugs (for example, beta blockers such as Atenolol, Tenormin, Propranolol, Inderal)?	Yes	No