

Social Interaction Apprehension Scale

Instructions:

Indicate the degree to which each of these statements applies to you by filling in your response in the blanks corresponding to each item: each statement, place an “x” in the box that corresponds (one “x” per line) with your perception of the item based on the following scale:

- 1 = The statement is not at all characteristic of me.**
- 2 = The statement is slightly characteristic of me.**
- 3 = The statement is moderately characteristic of me.**
- 4 = The statement is very characteristic of me.**
- 5 = The statement is extremely characteristic of me.**

		1	2	3	4	5
1.	I often feel anxious when communicating in casual get-togethers.					
2.	I can communicate with people in social settings without experiencing anxiety.					
3.	I get really nervous when I have to interact with people at a party.					
4.	I am usually at ease when talking to people in a bar.					
5.	Parties make me uncomfortable and anxious.					
6.	Even small get-togethers make me apprehensive.					
7.	I am less shy than most people in social situations.					
8.	I seldom feel anxious in social situations.					
9.	I tend to be very quiet when surrounded by a lot of people.					
10.	I get nervous when I talk to people in a nightclub.					
11.	At parties, I am always the center of attention.					
12.	I am usually very outgoing at a dinner party.					
13.	I tend to be a wallflower at parties.					
14.	I tend to be very apprehensive while communicating in social situations.					
15.	Social interaction makes me anxious.					
16.	I am never anxious when communicating in casual get-togethers.					
17.	I experience anxiety when I communicate with people in social settings.					
18.	I am never nervous when interacting with people at a party.					
19.	I am usually anxious when talking to people in a bar.					
20.	I am at ease at parties.					
21.	Small get-togethers do not make me apprehensive.					
22.	I am more shy than most people in social situations.					
23.	I always feel anxious in social situations.					
24.	I am outgoing when surrounded by a lot of people.					
25.	I have no problems talking to people in a nightclub.					
26.	At a party, I tend to hangout near a wall away from people.					
27.	I tend to be very quiet at a dinner party.					

28.	I am always the life of the party.					
29.	I experience no apprehension while communicating in social situations.					
30.	Social interaction is the best part of my day.					

Source:

Wrench, J. S., Brogan, S. M., McCroskey, J. C., & Jowi, D. (in press). The relationships among social phobia, communication apprehension, and willingness to communicate. *Human Communication*.