



LIEBOWITZ SOCIAL ANXIETY SCALE: FOR ADULTS (LSAS)

Fear

- 1. None = **0** points
- 2. Mild = **1** point
- 3. Moderate = **2** points
- 4. Severe = **3** points

Avoidance

- 1. Never = **0** points
- 2. Occasionally = **1** point
- 3. Often = **2** points
- 4. Usually = **3** points

| Situation | Fear | Avoidance |
|---|------|-----------|
| 1. Using a telephone in public | | |
| 2. Participating in a small group activity | | |
| 3. Eating in public | | |
| 4. Drinking with others | | |
| 5. Talking to someone in authority | | |
| 6. Acting, performing, or speaking in front of an audience | | |
| 7. Going to a party | | |
| 8. Working while being observed | | |
| 9. Writing while being observed | | |
| 10. Calling someone you don't know very well | | |
| 11. Talking face to face with someone you don't know very well | | |
| 12. Meeting strangers | | |
| 13. Urinating in a public bathroom | | |
| 14. Entering a room when others are already seated | | |
| 15. Being the center of attention | | |
| 16. Speaking up at a meeting | | |
| 17. Taking a test of your ability, skill, or knowledge | | |
| 18. Expressing disagreement or disapproval to someone you don't know very well | | |
| 19. Looking someone who you don't know very well straight in the eyes | | |
| 20. Giving a prepared oral talk to a group | | |
| 21. Trying to make someone's acquaintance for the purpose of a romantic/sexual relationship | | |



| | | |
|---|--|--|
| 22. Returning goods to a store for a refund | | |
| 23. Giving a party | | |
| 24. Resisting a high pressure sales person | | |
| RESULTS | | |

Note: To get your total score, add the total score of Fear and Avoidance.

Liebowitz Social Anxiety Scale scoring scale

| Scoring range | Meaning |
|---------------|---------------------------------------|
| 0–29 | You do not suffer from social anxiety |
| 30–49 | Mild social anxiety |
| 50–64 | Moderate social anxiety |
| 65–79 | Marked social anxiety |
| 80–94 | Severe social anxiety |
| > 95 | Very severe social anxiety |

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