

Instrument Title: The Coping Styles Questionnaire for Social Situations  
Instrument Author: Antony, M.M., McCabe,R.E., & Fournier, K.  
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## CSQSS

**Situation #1: Imagine that a friend set you up on a blind date. You are really hoping this works out.**

1. How anxious, fearful or nervous would you expect to be in this situation (check one)?

No Anxiety	Mild Anxiety	Moderate Anxiety	Severe Anxiety	Very Severe Anxiety

2. How likely would you be to avoid this situation (check one)?

Never Avoid	Rarely Avoid	Occasionally Avoid	Usually Avoid	Always Avoid

3. How frequently do you find yourself in this situation (check one)?

Never Encounter	Rarely Encounter	Occasionally Encounter	Frequently Encounter	Very Frequently Encounter

4. Below, are a number of coping strategies that could be used to cope with this situation. Rate how likely you would be to use each strategy to cope with the situation described above. Using the following scale, record the number (ranging from 0 to 4) indicating your response in the space provided at the beginning of each item ('a' through 'f').

0	1	2	3	4
Definitely would not use this strategy	Probably would not use this strategy	May use this strategy	Probably would use this strategy	Definitely would use this strategy

- \_\_\_ a. Before the date, I would try and find out a lot of information about the other person.
- \_\_\_ b. During the date, I would seek reassurance from the person to see if he or she is enjoying him or herself.
- \_\_\_ c. After the date, I would call the friend for information on how the date went and what the person thought of me.
- \_\_\_ d. Before the date, I would try not to think about it.
- \_\_\_ e. After the date, I would discourage my friend from discussing the date.
- \_\_\_ f. During the date I would distract myself from feeling too nervous by having a drink or thinking of other things.

**Situation #2: Imagine going to a party given by a co-worker/classmate. There will be a lot of people you don't know.**

1. How anxious, fearful or nervous would you expect to be in this situation (check one)?

No Anxiety	Mild Anxiety	Moderate Anxiety	Severe Anxiety	Very Severe Anxiety

2. How likely would you be to avoid this situation (check one)?

Never Avoid	Rarely Avoid	Occasionally Avoid	Usually Avoid	Always Avoid

3. How frequently do you find yourself in this situation (check one)?

Never Encounter	Rarely Encounter	Occasionally Encounter	Frequently Encounter	Very Frequently Encounter

4. Below, are a number of coping strategies that could be used to cope with this situation. Rate how likely you would be to use each strategy to cope with the situation described above. Using the following scale, record the number (ranging from 0 to 4) indicating your response in the space provided at the beginning of each item ('a' through 'f').

0	1	2	3	4
Definitely would not use this strategy	Probably would not use this strategy	May use this strategy	Probably would use this strategy	Definitely would use this strategy

- \_\_\_ a. Before the party I would call my co-worker or classmate and see who else would be at the party.
- \_\_\_ b. When meeting new people at the party, I would try and read their responses (e.g., how they look, what they say) to see if they are enjoying talking to me.
- \_\_\_ c. After the party I would replay events to see if I made a good impression on others.
- \_\_\_ d. During the party, I would not pay attention to how others are reacting to me.
- \_\_\_ e. Before the party, I would avoid talking about it very much to my co-worker or classmate.
- \_\_\_ f. The next day at work/school I would steer the conversation with my co-worker or classmate away from last night's party.

**Situation #3: Imagine that the day before attending a large family gathering you are asked to give a toast before dinner.**

1. How anxious, fearful or nervous would you expect to be in this situation (check one)?

No Anxiety	Mild Anxiety	Moderate Anxiety	Severe Anxiety	Very Severe Anxiety

2. How likely would you be to avoid this situation (check one)?

Never Avoid	Rarely Avoid	Occasionally Avoid	Usually Avoid	Always Avoid

3. How frequently do you find yourself in this situation (check one)?

Never Encounter	Rarely Encounter	Occasionally Encounter	Frequently Encounter	Very Frequently Encounter

4. Below, are a number of coping strategies that could be used to cope with this situation. Rate how likely you would be to use each strategy to cope with the situation described above. Using the following scale, record the number (ranging from 0 to 4) indicating your response in the space provided at the beginning of each item ('a' through 'f').

0	1	2	3	4
Definitely would not use this strategy	Probably would not use this strategy	May use this strategy	Probably would use this strategy	Definitely would use this strategy

- \_\_\_ a. I would purposely have an extra drink just before the toast.
- \_\_\_ b. I would try not to think about it beforehand.
- \_\_\_ c. I would carefully plan every aspect of the toast beforehand.
- \_\_\_ d. During the toast, I would pay close attention to people's reactions to what I say.
- \_\_\_ e. After I would ask a close family member how I did and if they thought the toast was a success.
- \_\_\_ f. Afterward, I would avoid bring up the topic of the toast, to avoid hearing other people's reactions.

**Situation #4: Imagine that you have to give a very important, 30 minute, formal presentation at work or school.**

1. How anxious, fearful or nervous would you expect to be in this situation (check one)?

No Anxiety	Mild Anxiety	Moderate Anxiety	Severe Anxiety	Very Severe Anxiety

2. How likely would you be to avoid this situation? (check one)

Never Avoid	Rarely Avoid	Occasionally Avoid	Usually Avoid	Always Avoid

3. How frequently do you find yourself in this situation (check one)?

Never Encounter	Rarely Encounter	Occasionally Encounter	Frequently Encounter	Very Frequently Encounter

4. Below, are a number of coping strategies that could be used to cope with this situation. Rate how likely you would be to use each strategy to cope with the situation described above. Using the following scale, record the number (ranging from 0 to 4) indicating your response in the space provided at the beginning of each item ('a' through 'f').

0	1	2	3	4
Definitely would not use this strategy	Probably would not use this strategy	May use this strategy	Probably would use this strategy	Definitely would use this strategy

- \_\_\_ a. I would avoid eye contact with the people in the audience because I wouldn't want to see their reactions.
- \_\_\_ b. I would try not to think about the presentation beforehand.
- \_\_\_ c. I would try to find out as much as possible about who would be at the presentation.
- \_\_\_ d. I would leave the room as quickly as possible after the presentation, to avoid having to talk about my performance.
- \_\_\_ e. I would watch the audience members' faces throughout the presentation, looking for signs of how I was doing.
- \_\_\_ f. After the presentation I would ask my co-workers or classmates for their reactions to my presentation.

**Situation #5: Imagine that you are sitting in the middle of a room filled with people listening to a presentation or lecture. It is well known that this speaker asks questions of audience members. You suspect that you could be called upon to answer a question.**

1. How anxious, fearful or nervous would you expect to be in this situation (check one)?

No Anxiety	Mild Anxiety	Moderate Anxiety	Severe Anxiety	Very Severe Anxiety

2. How likely would you be to avoid this situation (check one)?

Never Avoid	Rarely Avoid	Occasionally Avoid	Usually Avoid	Always Avoid

3. How frequently do you find yourself in this situation (check one)?

Never Encounter	Rarely Encounter	Occasionally Encounter	Frequently Encounter	Very Frequently Encounter

4. Below, are a number of coping strategies that could be used to cope with this situation. Rate how likely you would be to use each strategy to cope with the situation described above. Using the following scale, record the number (ranging from 0 to 4) indicating your response in the space provided at the beginning of each item ('a' through 'f').

0	1	2	3	4
Definitely would not use this strategy	Probably would not use this strategy	May use this strategy	Probably would use this strategy	Definitely would use this strategy

- \_\_\_ a. Before the presentation, I would pre-read the lecture notes or seek out information to familiarize myself with the content of the presentation in order to prepare for any questions that may be directed my way.
- \_\_\_ b. I would listen very carefully during the presentation taking notes and anticipating possible questions.
- \_\_\_ c. If I was asked a question, after the presentation I would ask other people whether my response was okay.
- \_\_\_ d. I would avoid thinking about the presentation before hand.
- \_\_\_ e. I would avoid eye contact with the speaker or instructor.
- \_\_\_ f. I would leave quickly after the presentation to avoid finding out what others thought of my response.

**Situation #6: Imagine that tomorrow you have an interview for a new job that is very important to you.**

1. How anxious, fearful or nervous would you expect to be in this situation (check one)?

No Anxiety	Mild Anxiety	Moderate Anxiety	Severe Anxiety	Very Severe Anxiety

2. How likely would you be to avoid this situation (check one)?

Never Avoid	Rarely Avoid	Occasionally Avoid	Usually Avoid	Always Avoid

3. How frequently do you find yourself in this situation (check one)?

Never Encounter	Rarely Encounter	Occasionally Encounter	Frequently Encounter	Very Frequently Encounter

4. Below, are a number of coping strategies that could be used to cope with this situation. Rate how likely you would be to use each strategy to cope with the situation described above. Using the scale below, record the number (ranging from 0 to 4) indicating your response in the space provided at the beginning of each item ('a' through 'f').

0	1	2	3	4
Definitely would not use this strategy	Probably would not use this strategy	May use this strategy	Probably would use this strategy	Definitely would use this strategy

- \_\_\_ a. I would try and anticipate questions and then rehearse answers.
- \_\_\_ b. As people exit the interview ahead of me I would ask them what kind of questions they received.
- \_\_\_ c. After, I would compare my interview experience with similar experiences by others (e.g. my friends).
- \_\_\_ d. I would try and divert my attention to other activities, to avoid thinking about the interview beforehand.
- \_\_\_ e. I would watch my evaluators carefully and change my responses based on their facial expressions.
- \_\_\_ f. After the interview, I would avoid talking or thinking about it until after I found out whether I got the job.

Scoring can be found in the original article cited above (Mezo, McCabe, Antony, & Burns, 2005).

