SOCIAL ANXIETY QUESTIONNAIRE FOR ADULTS (SAQ-A30)
(Caballo, Salazar, Irurtia, Arias, and CISO-A Research Team, 2010)

Below are a series of social situations that may or may not cause you UNEASE, STRESS or NERVOUSNESS. Please place an “X” on the number next to each social situation that best reflects your reaction, where "1" represents no unease, stress or nervousness and "5" represents very high or extreme unease stress, or nervousness.

If you have never experienced the situation described, please imagine what your level of UNEASE, STRESS, or NERVOUSNESS might be if you were in that situation, and rate how you imagine you would feel by placing an “X” on the corresponding number.

LEVEL OF UNEASE, STRESS OR NERVOUSNESS

Not at all or very slight
1
Slight
2
Moderate
3
High
4
Very high or extremely high
5

Please rate all the items and do so honestly; do not worry about your answer because there are no right or wrong ones. Thank you very much for your collaboration.

1. Greeting someone and being ignored
2. Having to ask a neighbor to stop making noise
3. Speaking in public
4. Asking someone attractive of the opposite sex for a date
5. Complaining to the waiter about my food
6. Feeling watched by people of the opposite sex
7. Participating in a meeting with people in authority
8. Talking to someone who isn’t paying attention to what I am saying
9. Refusing when asked to do something I don’t like doing
10. Making new friends
11. Telling someone that they have hurt my feelings
12. Having to speak in class, at work, or in a meeting
13. Maintaining a conversation with someone I’ve just met
14. Expressing my annoyance to someone that is picking on me
15. Greeting each person at a social meeting when I don’t know most of them
16. Being teased in public
17. Talking to people I don’t know at a party or a meeting
18. Being asked a question in class by the teacher or by a superior in a meeting
19. Looking into the eyes of someone I have just met while we are talking
20. Being asked out by a person I am attracted to
21. Making a mistake in front of other people
22. Attending a social event where I know only one person
23. Starting a conversation with someone of the opposite sex that I like
24. Being reprimanded about something I have done wrong
25. While having dinner with colleagues, classmates or workmates, being asked to speak on behalf of the entire group
26. Telling someone that their behavior bothers me and asking them to stop
27. Asking someone I find attractive to dance
28. Being criticized
29. Talking to a superior or a person in authority
30. Telling someone I am attracted to that I would like to get to know them better

Code:________ Age:______ Female ❑ Male ❑ Education/Profession:_______________/_______________