

Instrument Title: Shyness Scale (SS)
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Directions: Below are fourteen statements that people sometimes make about themselves. Please indicate whether or not you believe each statement applies to you by marking whether you: **Strongly Disagree = 1; Disagree = 2; Neutral = 3; Agree = 4; Strongly Agree = 5**

- ____ 1. I am a shy person.
- ____ 2. Other people think I talk a lot.
- ____ 3. I am a very talkative person.
- ____ 4. Other people think I am shy.
- ____ 5. I talk a lot.
- ____ 6. I tend to be very quiet in class.
- ____ 7. I don't talk much.
- ____ 8. I talk more than most people.
- ____ 9. I am a quiet person.
- ____ 10. I talk more in a small group (3-6) than others do.
- ____ 11. Most people talk more than I do.
- ____ 12. Other people think I am very quiet.
- ____ 13. I talk more in class than most people do.
- ____ 14. Most people are more shy than I am.

Scoring:

Please score your responses as follows:

Step 1. Add the scores for items 1, 4, 6, 7, 9, 11, and 12.

Step 2. Add the scores for items 2, 3, 5, 8, 10, 13, and 14.

Step 3. Complete the following formula: $\text{Shyness} = 42 \text{ plus Total of Step 1 minus Total of Step 2.}$

Your score should be between 14 and 20. Scores above 52 indicate a high level of shyness. Scores below 32 indicate a low level of shyness. Scores between 32 and 52 indicate a moderate level of shyness.