

Instrument Title: Negative Self-Portrayal Scale (NSPS)  
Instrument Author: Moscovitch, D.A., & Huyder, V.  
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ID#: \_\_\_\_\_

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## NSPS

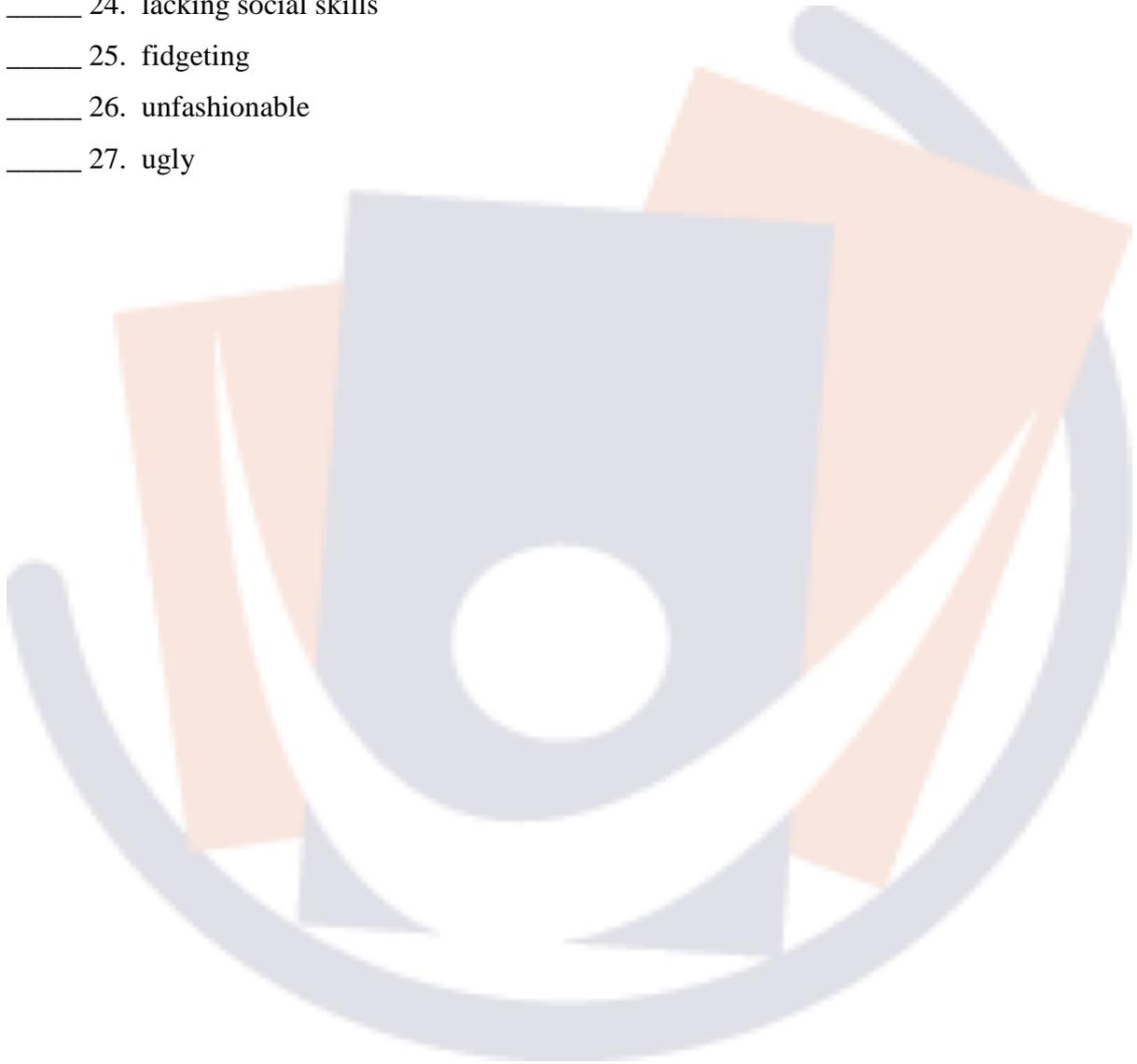
According to the scale provided below, please write the number in the blank space beside each item to indicate the degree to which you are concerned about the following aspects of yourself when you are in ***anxiety-provoking social situations*** (e.g. talking to someone who is a stranger; giving a speech in front of an audience; answering a question in class; etc.).

1 -----	2 -----	3 -----	4 -----	5 -----
Not at all concerned	Slightly concerned	Moderately concerned	Very concerned	Extremely concerned

***In social situations (in which I feel anxious), it will become obvious to other people that I am:***

- \_\_\_\_\_ 1. stuttering
- \_\_\_\_\_ 2. poorly dressed
- \_\_\_\_\_ 3. boring
- \_\_\_\_\_ 4. sweating
- \_\_\_\_\_ 5. physically unattractive
- \_\_\_\_\_ 6. losing control of my emotions
- \_\_\_\_\_ 7. blushing
- \_\_\_\_\_ 8. speaking with a trembling voice
- \_\_\_\_\_ 9. blemished (i.e., my appearance)
- \_\_\_\_\_ 10. interpersonally ineffective
- \_\_\_\_\_ 11. weird-looking
- \_\_\_\_\_ 12. lacking personality
- \_\_\_\_\_ 13. fat
- \_\_\_\_\_ 14. unable to express myself
- \_\_\_\_\_ 15. twitching (i.e. my facial muscles)
- \_\_\_\_\_ 16. frozen
- \_\_\_\_\_ 17. humourless
- \_\_\_\_\_ 18. reserved
- \_\_\_\_\_ 19. aloof
- \_\_\_\_\_ 20. stupid

- \_\_\_\_\_ 21. socially awkward
- \_\_\_\_\_ 22. having a bad hair day
- \_\_\_\_\_ 23. speaking incoherently
- \_\_\_\_\_ 24. lacking social skills
- \_\_\_\_\_ 25. fidgeting
- \_\_\_\_\_ 26. unfashionable
- \_\_\_\_\_ 27. ugly



### **Scoring the NSPS:**

1. Sum items 3, 10, 12, 14, 17, 18, 19, 20, 21, 23, 24 for *concerns about social competence* Subscale Score
2. Sum items 1, 4, 6, 7, 8, 15, 16, 25 for *concerns about signs of anxiety* Subscale Score
3. Sum items 2, 5, 9, 11, 13, 22, 26, 27 for *concerns about physical appearance* Subscale Score
4. Sum all items (or all subscales) for NSPS Total Score

### **Please see the following article for more information on the NSPS, including psychometric properties and results of factor analyses:**

Moscovitch, D.A., & Huyder, V. (2011). The negative self-portrayal scale: Development, validation, and application to social anxiety. *Behavior Therapy*, 42, 183-196, doi: 10.1016/j.beth.2010.04.007.