

Liebowitz Social Anxiety Scale

Instructions: The first column describes a situation. In the second column, rate how anxious or fearful you feel in the situation. In the third column, rate how often you avoid the situation. If a statement describes a situation you do not ordinarily experience, imagine “what if” you were faced with that situation. Base your ratings on the way each situation has affected you in the last week. Under “Fear,” put the number that indicates your level of fear or anxiety, with 0 = None, 1 = Mild, 2 = Moderate, and 3 = Severe. Under “Avoidance,” put the number that indicates how often you experience each situation, with 0 = Never, 1 = Occasionally, 2 = Often, and 3 = Usually.

Situation	Fear	Avoidance
Using a telephone in public		
Participating in a small group activity		
Eating in public		
Drinking with others		
Talking to someone in authority		
Acting, performing, or speaking in front of an audience		
Going to a party		
Working while being observed		
Writing while being observed		
Calling someone you don't know very well		
Talking face-to-face with someone you don't know very well		
Meeting strangers		
Urinating in a public bathroom		
Entering a room when others are already seated		
Being the center of attention		
Speaking up at a meeting		
Taking a test of your ability, skill, or knowledge		
Expressing disagreement or disapproval to someone you don't know very well		
Looking someone who you don't know very well straight in the eyes		
Giving a prepared oral talk to a group		
Trying to make someone's acquaintance for the purpose of a romantic/sexual relationship		
Returning goods to a store for a refund		
Giving a party		
Resisting a high-pressure salesperson		
Total score for each column (add up the numbers):		

The Liebowitz Social Anxiety Scale (LSAS) is a questionnaire developed by Dr. Michael R. Liebowitz, a psychiatrist and researcher. This measure assesses the way that social anxiety plays a role in your client's life across a variety of situations.

Number of items: 24

Directions: Give the client the scoring sheet to fill in.

Scoring: Add up the totals for both columns (**Fear** and **Avoidance**): _____

The scoring scale:

0–29	Client does not suffer from social anxiety
30–49	Client experiences mild social anxiety
50–64	Client experiences moderate social anxiety
65–79	Client experiences marked social anxiety
80–94	Client experiences severe social anxiety
> 95	Client experiences very severe social anxiety

Source:

Heimburg, R. G. & Becker, R. E. (2002). Cognitive-Behavioral Group Therapy for Social Phobia. New York, NY: The Guilford Press.