

Burns Social Anxiety Scale *

Directions: Circle the number to indicate how much you have experienced each symptom in the past week, including today. Please answer all the items.

	Not At All	Somewhat	Moderately	A Lot	Extremely
1. Feeling nervous or embarrassed in social situations	0	1	2	3	4
2. Fears of disapproval or rejection in social situations	0	1	2	3	4
3. Feeling like you don't have anything to say in social situations	0	1	2	3	4
4. Feeling anxious or insecure in social situations	0	1	2	3	4
5. Feeling shy, inferior or uncomfortable around others	0	1	2	3	4
6. Fears of looking awkward or foolish in front of others	0	1	2	3	4
7. Worrying that others might see that you are anxious or embarrassed	0	1	2	3	4
8. Fears that people in social situations will judge you as 'nervous', weak, crazy, or stupid	0	1	2	3	4
9. Fears of being criticized or scrutinized by people	0	1	2	3	4
10. Avoiding or leaving social situations because they make you uncomfortable	0	1	2	3	4

Scoring Key

- 0 No Social Anxiety
- 1-5 Minimal anxiety in social situations
- 6-10 Borderline social anxiety
- 11-20 Mild social anxiety
- 21-30 Moderate social anxiety
- 31-40 Severe social anxiety

Total _____
