

SA-AAQ

Please respond to the following items focusing on social anxiety. Social anxiety is the type of anxiety that is experienced when you are in situations where you may be observed, judged or evaluated by others. People vary in the amount of social anxiety they experience, but most people experience at least some social anxiety in at least a few situations. Common situations that provoke social anxiety include giving a presentation or speech, attending a job interview, going to a party, meeting new people, and going on a blind date. Please think about the anxiety you may experience when you are in these types of situations while you answer the questions below on the following 7-point scale.

Never True	Very Seldom True	Seldom True	Sometimes True	Frequently True	Almost Always True	Always True
1	2	3	4	5	6	7

1. Despite feeling socially anxious at times, I am in control of my life.	1	2	3	4	5	6	7
2. If I am anxious in a social situation, I can still remain in it.	1	2	3	4	5	6	7
3. There are not many activities that I stop doing when I am feeling socially anxious.	1	2	3	4	5	6	7
4. I get on with my life even when I feel socially anxious.	1	2	3	4	5	6	7
5. Being socially anxious makes it difficult for me to live a life that I value.	1	2	3	4	5	6	7
6. I would gladly sacrifice important things in my life to be able to stop being socially anxious.	1	2	3	4	5	6	7
7. I care too much about whether or not I feel anxious in social situations.	1	2	3	4	5	6	7
8. I worry about not being able to control social anxiety.	1	2	3	4	5	6	7
9. I can move toward important goals, even when I am feeling socially anxious.	1	2	3	4	5	6	7
10. My social anxiety must decrease before I can take important steps in my life.	1	2	3	4	5	6	7
11. My social anxiety does not interfere with the way I want to live.	1	2	3	4	5	6	7
12. I find myself going around and around in circles thinking about my social anxiety.	1	2	3	4	5	6	7
13. It seems like I'm fighting with myself about my social anxiety.	1	2	3	4	5	6	7
14. I have thoughts about social anxiety that I get caught up in.	1	2	3	4	5	6	7
15. I tell myself that I shouldn't have certain thoughts about social anxiety.	1	2	3	4	5	6	7
16. I criticize myself for having irrational or inappropriate social anxiety.	1	2	3	4	5	6	7
17. I believe that having socially anxious thoughts is abnormal or bad and I shouldn't think that way.	1	2	3	4	5	6	7
18. I make judgments about whether my thoughts about my social anxiety are good or bad.	1	2	3	4	5	6	7
19. I disapprove of myself when I feel socially anxious.	1	2	3	4	5	6	7

Scoring:

Reverse score items 5, 6, 7, 8, 10, 12, 13, 14, 15, 16, 17, 18

Sum all scores. Higher score indicates greater acceptance of social anxiety symptoms.