

# Liebowitz Social Anxiety Scale

Liebowitz MR. Social Phobia. Mod Probl Pharmacopsychiatry 1987;22:141-173

Fear or Anxiety:

Avoidance:

- 0 = None
- 1 = Mild
- 2 = Moderate
- 3 = Severe

- 0 = Never (0%)
- 1 = Occasionally (1—33%)
- 2 = Often (33—67%)
- 3 = Usually (67—100%)

		Fear	Avoidance
1. Telephoning in public.			
2. Participating in small groups.			
3. Eating in public places.			
4. Drinking with others in public places.			
5. Talking to people in authority.			
6. Acting, performing or giving a talk in front of an audience.			
7. Going to a party.			
8. Working while being observed.			
9. Writing while being observed.			
10. Calling someone you don't know very well.			
11. Talking with people you don't know very well.			
12. Meeting strangers.			
13. Urinating in a public bathroom.			
14. Entering a room when others are already seated.			
15. Being the center of attention.			
16. Speaking up at a meeting.			
17. Taking a test.			
18. Expressing a disagreement to people you don't know very well.			
19. Looking at people you don't know very well in the eyes.			
20. Giving a report to a group.			
21. Trying to pick up someone.			
22. Returning goods to a store.			
23. Giving a party.			
24. Resisting a high pressure salesperson.			