SAQ

Social Attitude Questionnaire (SAQ)

The SAQ is a self-report questionnaire used mainly in the clinical assessment and monitoring of social anxiety disorder. It explores the dysfunctional beliefs and attitudes activated in social situations, particularly excessive performance demands, conditional rules for acceptance by others, the fear of showing signs of weakness and negative judgments about oneself.

Number of questions	50 questions
Estimated duration	12 minutes
Language	English
Original name	Social Attitude Questionnaire
Target audience	Adults
Authors	David Clark (2005)

Preview of the 50 questions

I don't need everyone's approval

Strongly agree | Agree | Partly agree | Neutral | Partly disagree | Disagree | Strongly disagree

I must not show any signs of weakness to others

Strongly agree | Agree | Partly agree | Neutral | Partly disagree | Disagree | Strongly disagree

If I make a mistake in a social situation, others will reject me

Strongly agree | Agree | Partly agree | Neutral | Partly disagree | Disagree | Strongly disagree

Everyone will look at me and think I'm strange if I don't act normally

Strongly agree | Agree | Partly agree | Neutral | Partly disagree | Disagree | Strongly disagree

I am not likeable

Strongly agree | Agree | Partly agree | Neutral | Partly disagree | Disagree | Strongly disagree

Scoring & interpretation

Responses are rated on a Likert scale, and the total scores are interpreted to identify overall trends in social attitudes. A high score indicates an attitude more in line with social norms.