

Social Behavior Questionnaire (SBQ)

The SBQ is an assessment tool designed to analyze the behaviors individuals adopt when they feel anxious in social situations or anticipate such situations. Its main objective is to provide an accurate and detailed assessment of the behavioral strategies used to manage social anxiety. These behaviors may include avoidance mechanisms, concealment efforts, or strategies aimed at controlling the physical or emotional manifestations of anxiety.

Number of questions	29 questions
Estimated duration	10 minutes
Language	English
Original name	Social Behavior Questionnaire
Target audience	Adults
Authors	Clark, D.M., Butler, G., Fennell, M., Hackmann, A., McManus, F., & Wells, A (1995)
Category	Anxiety

Preview of the 29 questions

Drink alcohol to manage my anxiety

Always | Often | Sometimes | Never

Try not to attract attention

Never | Sometimes | Often | Always

Make an effort to express myself properly, using the right words

Never | Sometimes | Often | Always

Make sure that you come across well

Always | Often | Sometimes | Never

Avoid eye contact

Never | Sometimes | Often | Always

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 Romane L. - Online CBT Psychologist