

Social Cognitions Questionnaire (SCQ)

The SCQ assesses the frequency and strength of automatic thoughts occurring in anxiety-provoking social situations. It helps identify negative thought patterns related to fear of judgment or rejection. This questionnaire is particularly useful in the assessment of social anxiety.

Number of questions	44 questions
Estimated duration	11 minutes
Language	English
Original name	Social Cognition Questionnaire
Target audience	Adults, children
Authors	Adrian Wells, Lucia Stopa, David M Clark (1993)
Category	Anxiety

Preview of the 44 questions

Over the past week, how often did the thought below occur?

“I won't be able to speak”

The thought never occurs | The thought rarely occurs | The thought occurs half of the times I am nervous | The thought often occurs | The thought always occurs when I am nervous

Over the past week, how often did the thought below occur?

“I am not likeable”

The thought never occurs | The thought rarely occurs | The thought occurs half of the times I am nervous | The thought often occurs | The thought always occurs when I am nervous

Over the past week, how often did the thought below occur?

“I'm going to shake or tremble uncontrollably”

The thought never occurs | The thought rarely occurs | The thought occurs half of the times I am nervous | The thought often occurs | The thought always occurs when I am nervous

Over the past week, how often did the thought below occur?

“People are going to stare at me”

The thought never occurs | The thought rarely occurs | The thought occurs half of the times I am nervous | The thought often occurs | The thought always occurs when I am nervous

Over the past week, how often did the thought below occur?

“I am stupid”

The thought never occurs | The thought rarely occurs | The thought occurs half of the times I am nervous | The thought often occurs | The thought always occurs when I am nervous

Scoring & interpretation

Each thought is rated on two dimensions: frequency and belief. Frequency is rated out of 4 according to the scale provided. A mean frequency is then calculated by dividing the sum of the frequencies by the number of items completed. Belief is rated on a scale from 0 to 100 for each thought. The mean belief is calculated in the same way: the sum of the scores divided by the number of items completed. These two means provide an overview of the presence and intensity of the patient's anxious social thoughts.