SPIN

Social Phobia Inventory (SPIN)

The SPIN is a self-report tool for screening and assessing the severity of symptoms related to social phobia (social anxiety disorder). It offers clinicians a standardized measure for diagnosis, monitoring, and evaluating the effectiveness of therapeutic interventions.

Number of questions	17 questions
Estimated duration	5 minutes
Language	English
Original name	Social Phobia Inventory
Target audience	Adults, adolescents
Authors	Jonathan R. Connor, Franklin R. Schneier, Michael R. Liebowitz (2000)
Category	Anxiety

Preview of the 17 questions

Please indicate how much the following problems have bothered you during the past week.

I am afraid of people in authority

Not at all | A little bit | Somewhat | Very much | Extremely

Please indicate how much the following problems have bothered you during the past week.

I am bothered by blushing in front of people

Not at all | A little bit | Somewhat | Very much | Extremely

Please indicate how much the following problems have bothered you during the past week.

Parties and social events scare me

Not at all | A little bit | Somewhat | Very much | Extremely

Please indicate how much the following problems have bothered you during the past week.

I avoid talking to people I don't know

Not at all | A little bit | Somewhat | Very much | Extremely

Please indicate how much the following problems have bothered you during the past week.

Being criticized scares me a lot

Not at all | A little bit | Somewhat | Very much | Extremely

Scoring & interpretation

The 17 items are scored from 0 (Not at all) to 4 (Extremely). The total score is the sum of all responses, ranging from 0 to 68. A score ≥ 19 suggests clinically significant social phobia. Higher cutoffs indicate greater severity.