

Social Phobia Rating Scale (SPRS)

The Social Phobia Rating Scale (SPRS) is an assessment tool used to measure the intensity of social phobia in patients. Designed to be easy to understand and complete, it can help assess the impact of this phobia on the individual's daily activities. The tool is used particularly in therapeutic follow-up to measure the progression of symptoms over time.

Number of questions	32 questions
Estimated duration	8 minutes
Language	English
Original name	Social Phobia Rating Scale
Target audience	Adolescents and adults
Authors	Wells, A. (1997)
Category	Phobias, Anxiety

Preview of the 32 questions

Over the past week, how much distress has your social anxiety caused you?

0/10 - Not at all | 1/10 | 2/10 | 3/10 | 4/10 | 5/10 - Moderately | 6/10 | 7/10 | 8/10 | 9/10 | 10/10 - The worst it has ever been

Over the past week, how much have you avoided social situations because of anxiety?

0% - Not at all | 10% | 20% | 30% | 40% | 50% - Half the time | 60% | 70% | 80% | 90% | 100% - All the time

Over the past week, how embarrassed have you felt in difficult social situations?

0/10 - Not at all | 1/10 | 2/10 | 3/10 - Moderately | 4/10 | 5/10 | 6/10 | 7/10 - Extremely embarrassed | 8/10 | 9/10 | 10/10 - The worst it has ever been

Indicate how often you do the following when you are socially anxious:

Not saying much

0% - Not at all | 10% | 20% | 30% | 40% | 50% - Half the time | 60% | 70% | 80% | 90% | 100% - All the time

Indicate how often you do the following when you are socially anxious:

Breathing slowly

0% - Not at all | 10% | 20% | 30% | 40% | 50% - Half the time | 60% | 70% | 80% | 90% | 100% - All the time

Scoring & interpretation

The questionnaire comprises several items concerning the past week, assessing how distressing social anxiety has been, the avoidance of social situations, and the discomfort felt in difficult social situations. Each item is rated on a numerical scale; for some, the rating is a percentage from 0% to 100%. The total score is obtained by summing the responses to each item, which yields an overall index (%) of the level of social phobia during the period considered. The higher the score, the more severe the social phobia.