SPWSS

Social Phobia Weekly Summary Scale (SPWSS)

The Social Phobia Weekly Summary Scale is a self-report tool designed to measure the severity and frequency of social phobia symptoms on a weekly basis. It helps psychologists track symptom changes in patients with social phobia and adjust treatment plans if necessary.

Number of questions	6 questions
Estimated duration	5 minutes
Language	English
Original name	Social Phobia Weekly Summary Scale
Target audience	Adults with social phobia
Authors	David M. Clark, Adrian Wells (2003)
Category	Phobias

Preview of the 6 questions

Please circle a number from the scale below that best describes how severe your social anxiety has been in the last week.

0 - Not at all disturbing and/or disabling | 1 | 2 - Slightly disturbing and/or disabling | 3 | 4 - Definitely disturbing and/or disabling | 5 | 6 - Markedly disturbing and/or disabling | 7 | 8 - Severely disturbing and/or disabling

Please circle a number from the scale below to show how often in the last week you have avoided difficult social situations or aspects of those situations.

0 - Not at all | 1 | 2 - Rarely | 3 | 4 - Sometimes | 5 | 6 - Often | 7 | 8 - Always

For social situations in general, please choose a number from the scale below to show the extent to which your attention was focused on yourself or on the external situation in the last week.

0 - Entirely externally focused | 1 | 2 | 3 | 4 - Both equally | 5 | 6 | 7 | 8 - Entirely self-focused

For social situations that you found difficult, please choose a number from the scale below to show the extent to which your attention was focused on yourself or on the external situation in the last week.

0 - Entirely externally focused | 1 | 2 | 3 | 4 - Both equally | 5 | 6 | 7 | 8 - Entirely self-focused

Over the past week how often have you gone over in your mind things that you think might go wrong in a social situation before entering the situation.

0 - Not at all | 1 | 2 - Rarely | 3 | 4 - Sometimes | 5 | 6 - Often | 7 | 8 - Always

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

The tool consists of 6 items measuring different aspects of the social anxiety experienced over the past week. Each item is rated on a scale from 0 to 8.

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“Mentaal has truly simplified my online practice, thanks to automatic scoring and seamless questionnaire sending.”

Basile R. - Clinical Psychologist