

Liebowitz Social Anxiety Scale (LSAS)

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Patient Information

Patient Name / ID: _____

Date: _____

Instructions

Rate **fear/anxiety** for each situation from 0–3.

Rate **avoidance** (how often you avoid the situation) from 0–3.

Fear or Anxiety:	0 = None 1 = Mild 2 = Moderate 3 = Severe
Avoidance (Frequency):	0 = Never (0%) 1 = Occasionally (1–33%) 2 = Often (33–67%) 3 = Usually (67–100%)

Item	Fear / Anxiety (0–3)	Avoidance (0–3)
1. Telephoning in public. (P)	___	___
2. Participating in small groups. (P)	___	___
3. Eating in public places. (P)	___	___
4. Drinking with others in public places. (P)	___	___
5. Talking to people in authority. (S)	___	___
6. Acting, performing, or giving a talk in front of an audience. (P)	___	___
7. Going to a party. (S)	___	___
8. Working while being observed. (P)	___	___
9. Writing while being observed. (P)	___	___
10. Calling someone you don't know very well. (S)	___	___
11. Talking with people you don't know very well. (S)	___	___
12. Meeting strangers. (S)	___	___
13. Urinating in a public bathroom. (P)	___	___
14. Entering a room when others are already seated. (P)	___	___
15. Being the center of attention. (S)	___	___
16. Speaking up at a meeting. (P)	___	___
17. Taking a test. (P)	___	___
18. Expressing disagreement to people you don't know very well. (S)	___	___
19. Looking at unfamiliar people in the eyes. (S)	___	___
20. Giving a report to a group. (P)	___	___

21. Trying to pick up someone. (P)	___	___
22. Returning goods to a store. (S)	___	___
23. Giving a party. (S)	___	___
24. Resisting a high-pressure salesperson. (S)	___	___

Scoring

Total Fear Score (0–72): _____

Total Avoidance Score (0–72): _____

Grand Total (0–144): _____

Interpretation:

- < 30 = Unlikely Social Anxiety Disorder (SAD)
- > 60 = Probable SAD
- > 90 = Highly probable SAD

Reference: Liebowitz MR. Social Phobia. Modern Problems of Pharmacopsychiatry. 1987;22:141–173.

End of Scale