Liebowitz Social Anxiety Scale

LSAS | Self-report questionnaire | 24 situations

Name: _____ Date: _____

Instructions

Consider how each situation has affected you during the past week. For every situation, select ONE fear/anxiety rating and ONE avoidance rating. If you did not encounter a situation, imagine how you would respond if it occurred.

FEAR / ANXIETY
0 None · 1 Mild · 2 Moderate · 3 Severe

AVOIDANCE
0 Never (0%) · 1 Occasionally (1–33%)
2 Often (34–66%) · 3 Usually (67–100%)

Mark one circle in each rating group for every situation.

SITUATION	FEAR / ANXIETY				AVOIDANCE			
	0	1	2	3	0	1	2	3
1. Telephoning in public.	○	○	○	○	○	○	○	○
2. Participating in small groups.	○	○	○	○	○	○	○	○
3. Eating in public places.	○	○	○	○	○	○	○	○
4. Drinking with others in public places.	○	○	○	○	○	○	○	○
5. Talking to people in authority.	○	○	○	○	○	○	○	○
6. Acting, performing, or giving a talk in front of an audience.	○	○	○	○	○	○	○	○
7. Going to a party.	○	○	○	○	○	○	○	○
8. Working while being observed.	○	○	○	○	○	○	○	○
9. Writing while being observed.	○	○	○	○	○	○	○	○
10. Calling someone you don't know very well.	○	○	○	○	○	○	○	○
11. Talking with people you don't know very well.	○	○	○	○	○	○	○	○
12. Meeting strangers.	○	○	○	○	○	○	○	○

Page 1 subtotals | Items 1–12

Add items 1–12 in each rating group, then copy both subtotals to page 2.

FEAR / ANXIETY SUBTOTAL
_____ / 36

AVOIDANCE SUBTOTAL
_____ / 36

LSAS | Questionnaire continued

Situations 13–24 | Mark one fear rating and one avoidance rating per situation

SITUATION	FEAR / ANXIETY				AVOIDANCE			
	0	1	2	3	0	1	2	3
13. Urinating in a public bathroom.	○	○	○	○	○	○	○	○
14. Entering a room when others are already seated.	○	○	○	○	○	○	○	○
15. Being the center of attention.	○	○	○	○	○	○	○	○
16. Speaking up at a meeting.	○	○	○	○	○	○	○	○
17. Taking a test.	○	○	○	○	○	○	○	○
18. Expressing a disagreement or disapproval to people you don't know very well.	○	○	○	○	○	○	○	○
19. Looking at people you don't know very well in the eyes.	○	○	○	○	○	○	○	○
20. Giving a report to a group.	○	○	○	○	○	○	○	○
21. Trying to pick up someone.	○	○	○	○	○	○	○	○
22. Returning goods to a store.	○	○	○	○	○	○	○	○
23. Giving a party.	○	○	○	○	○	○	○	○
24. Resisting a high-pressure salesperson.	○	○	○	○	○	○	○	○

Scoring worksheet | Carry forward from page 1

Transfer your page 1 subtotals, score items 13–24, then add down each column.

	FEAR / ANXIETY	AVOIDANCE
Page 1 subtotal	items 1–12	_____ / 36	_____ / 36
Page 2 subtotal	items 13–24	_____ / 36	_____ / 36
**TOTAL	items 1–24**	**_____ / 72**	**_____ / 72**

Combined LSAS score

Fear total _____ / 72 + Avoidance total _____ / 72 = LSAS _____ / 144

For scoring ranges and screening reference points, see page 3.

Scoring & Interpretation

Liebowitz Social Anxiety Scale | Quick reference

1 | Calculate the total score

Add all 24 fear ratings for the Fear subtotal (0–72). Add all 24 avoidance ratings for the Avoidance subtotal (0–72). Sum the two subtotals for an overall LSAS score ranging from 0 to 144.

Fear subtotal _____ / 72 + Avoidance subtotal _____ / 72 = Total _____ / 144

2 | Severity ranges

TOTAL SCORE	SOCIAL ANXIETY SEVERITY
0–29	None / minimal
30–49	Mild
50–64	Moderate
65–79	Marked
80–94	Severe
>95	Very severe

Source-range note: The supplied severity chart does not assign a category to a score of exactly 95; the ranges are reproduced as provided.

3 | Screening reference points

A total score of 30 or higher is identified in the supplied scoring guidance as a screening threshold for social anxiety disorder; 60 or higher is identified as a threshold for generalized social anxiety disorder.

Clinical interpretation: Screening cutoffs and severity bands do not establish a diagnosis. Interpret alongside clinical interview, functional impairment, and other relevant information.

Source: Provided 24-item LSAS questionnaire and scoring image; additional scoring descriptions supplied with this handout. Original scale: Liebowitz (1987).