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The Liebowitz Social Anxiety Scale (LSAS) is a 24-item, self-rated scale used to assess how social anxiety plays a role in your life across a variety of situations. The LSAS was developed by psychiatrist and researcher Dr. Michael R. Liebowitz. The scale might be used in research studies to determine the level of social anxiety experienced by participants, in clinical settings to assess a particular patient's symptoms, or by people who are concerned that what they are experiencing might be the signs of an anxiety disorder. Experts now recommend routine anxiety screening for all women and girls over the age of 13, so the LSAS is one type of screening tool that you may encounter during a routine doctor's visit.If you think you might have social anxiety disorder (SAD), the Liebowitz Social Anxiety Scale can help evaluate your symptoms. The questions on the assessment identify a wide variety of social situations and then ask you to rate the degree of fear and avoidance you experience for each situation. The test is a quick, cost-effective way to accurately determine whether a person might have a problem with social anxiety. You can take the LSAS online for free, but only a doctor or mental health professional can diagnose social anxiety disorder. If you believe you have SAD, talk to your doctor or therapist to learn more about your treatment options. The Liebowitz Social Anxiety Scale assesses both your social anxiety in situations as well as your avoidance of those situations. In this way, each item on the LSAS describes a situation in which you must answer the following questions. Anxiety Questions (how anxious or fearful you feel)0 = none1 = mild2 = moderate3 = severeAvoidance Questions (how often you avoid the situation)0 = never1 = occasionally2 = often3 = severe If a question describes a situation that you do not ordinarily experience, you are asked to imagine how you would respond if faced with the situation. All questions are answered based on how the situations have affected you in the past week. Below are some sample situations from the questionnaire: Using a telephone in publicParticipating in a small group activityEating in publicTalking to a person in authorityBeing observed while workingMeeting people you don't knowSpeaking during a meetingMaking eye contact with people you don't knowWellGiving a speech This is just a brief list, and the LSAS covers many other types of situations that are commonly known to trigger social anxiety performance anxiety and concerns. Situations that can commonly lead to social anxiety symptoms include interacting with strangers, making phone calls, and encountering unfamiliar social settings. The Liebowitz Social Anxiety Scale is scored by summing the item ratings. Below are the suggested interpretations for various score ranges. 5565: Moderate social phobia6580: Marked social phobia8095: Severe social phobiaGreater than 95: Very severe social phobia As with any self-report instrument, scores on the Liebowitz Social Anxiety Scale need to be interpreted by a qualified mental health professional and followed up with a full diagnostic interview for social anxiety disorder (SAD) when warranted. Studies have shown the LSAS to be an effective and cost-efficient way to identify people with problems with social anxiety. Research indicates that the scale is reliable and valid for measuring global social anxiety. Another study concluded that the LSAS measures the same trait in the same way across all expressions of social anxiety symptoms. The researchers concluded that the scale is a good tool for assessing, screening, and researching social anxiety. However, a single instrument can't be used to make a diagnosis. A clinical diagnosis of SAD can only be made based on an interview conducted by a trained mental health professional such as a psychologist, psychiatrist, or social worker. Your doctor or therapist may administer the Liebowitz Social Anxiety Scale, but you should also know that the LSAS is freely available for you to complete online if you wish. If you complete the test and find the results concerning, be sure to check with your doctor about what they might mean. Your results may point to social anxiety, but it is essential to talk to a doctor or mental health professional to evaluate your symptoms and rule out other potential causes. While an assessment such as the LSAS can be informative, it's only in the context of a larger evaluation that the cause of your symptoms can be determined and a course of action planned.Other self-report social anxiety measures include the Social Phobia Inventory (SPIN), the Social Phobia and Anxiety Inventory (SPAI), the Social Phobia Scale (SPS), and the Social Interaction Anxiety Scale (SIAS). If you are concerned that you may be living with symptoms of anxiety or avoidance, make an appointment with your primary care physician to discuss the next steps. If this feels hard to do, consider making an appointment for general mental health concerns, and then when you meet with your doctor, bring along a copy of the LSAS as well as a written statement of what you have been experiencing. Depending on your health insurance, you can also make an appointment with a mental health professional without consulting your primary care doctor. 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The Liebowitz Social Anxiety Scale Self-Report (LSASSR) is a 24-item, self-rated scale that measures social phobias role in your life across various situations. Take the test here. What it testsThe LSAS is one of the most popular and widely used measures of social phobia that has been developed; and unlike other social anxiety questionnaires, the LSAS is the only situation-based instrument of social anxiety that also distinguishes between fear and avoidance ratings. So the test not only gives a measure of your social anxiety, but a measure of how much you tend to avoid social situations as well. Who the test is designed forAutistic adults judged to have an IQ in the normal range or higher (IQ > = 100)/Versions for adolescents and children are also available/Versions in translationsThe test has been translated into most languages. Non-adult versions are also available:Liebowitz Social Anxiety Scale for Children and Adolescents (LSASAC) Taking the testThe test consists of 24 statements, giving you 4 choices in two categories for each statement:FearNone = 0 pointsMild = 1 pointModerate = 2 pointsSevere = 3 pointsAvoidanceNever = 0 pointsOccasionally = 1 pointOften = 2 pointsUsually = 3 pointsThe 24 items are divided into two subscales:13 statements relate to performing anxiety11 concern social situations ScoringMethodEach item is rated on two 4-point Likert-type scalesThe first rating is a measure of fear/anxiety and ranges from 0 (none) to 3 (severe)The second rating is a measure of avoidance and ranges from 0 (never) to 3 (usually) Never (0%); occasionally (13.3%); often (33.67%); usually (67.100%)ScoreA total score is calculated by summing all of the fear and avoidance ratingsThere is a maximum of 144 pointsInterpretationA score of 30+ means you have social anxiety disorderA score of 60+ means you have generalized social anxiety disorderOn the National Social Anxiety Center website, the following scoring scale is used:Liebowitz Social Anxiety Scale scoring scale Validity/How reliable, accurate, valid, and up to date is the test? The LSASSR showed overall psychometric properties as indicated by the results of test-retest reliability, internal consistency, and convergent and discriminant validity.However, the fear subscale of performance situations showed lesser test-retest reliability, meaning ratings of this scale can change when retaking the test.Furthermore, the scale was sensitive to treatment change.DiscussionNatalie:Score: 80 (38 fear / 42 avoidance)I found the test useful in terms of assessing my level of social anxiety. I also like that the test has good psychometric properties. I would suggest taking the test and then sitting with what answers you chose and then going through it once again after a few minutes. Research shows that about 50% of autistic people have social anxiety compared to the general population. I suspect the number is greater than that.Eva:Score: 103 (69 fear / 53 avoidance)#6 and #20 seem like the approximately same question, if I fear talking in front of an audience I will fear giving an oral report. However, I understand the distinction, because preparing an oral presentation creates extra pressure on top of speaking to an audience. Being the center of attention (#15) is another compounding pressure, although it's also the main fear of speaking to an audience (#6).Taking a test of your ability, skill, or knowledge (#17) constitutes a different fear for me; the fear is not about social pressure, but about not meeting my expectations and the impact this might have on my ego.Unrinating in a public bathroom (#13) constitutes a pretty unique fear, as historically, I have had much of a problem with it. But as a trans woman, I have some social anxiety around it because of a fear I don't pass as a woman, and someone might express discomfort around me being there. So far, this has never occurred, but I can't help but think about it every time I use a public restroom.What I did like about the test is that when you take the test on the NSAC website on behalf of each answer, a pop-up panel opens rather than a drop-down menu. This makes it slower to take the test than it needs to be.Also, I initially missed that each item is ranked on both fear and avoidance, so the design of the test could be improved to make this more clear.Kendall:Score: 92 (38 fear / 54 avoidance)The statements, or situations, are more concise and unambiguous than most tests. Still, I often had to consider the balance between fear and avoidance, so I experienced uncertainty on several items. The results did surprise me with a 92 (38 fear / 54 avoidance). I landed with surety in the Severe social anxiety category (8094).Halley:Score: 112 (54 fear / 58 avoidance)I like that this test provides the two categories. Initially, I had expected that my avoidance score would match the fear score for each question, but that wasn't necessarily the case. For example, in the situation using a telephone in public, I rated my fear as moderate, yet my avoidance as occasionally. For me, it is often more stressful to ignore a call because I feel pressured by the person who is calling me.A couple of the questions seemed unclear to me, such as #4, drinking with others. I wasn't sure what the questionnaire defined as others, and whether someone is a friend, acquaintance, or stranger changes the answer for me.Overall, I find the test very useful and enlightening. I was amazed to see that I scored 112. While I am quite aware that I have social anxiety, I didn't realize how significant it is. The structure of my life around avoiding most of the situations listed, which I suppose is my way of accommodating my social anxiety, Liebowitz Social Anxiety ScaleRead each situation carefully and answer two questions about that situation: the first about how anxious or fearful you feel in the situation, and the second about how often you avoid the situation.If you encounter a situation you ordinarily do not experience, imagine if you were faced with it, and then rate the degree to which you would fear this hypothetical situation and how often you would tend to avoid it. Please base your ratings on how the situations have affected you in the last week. After the Liebowitz Social Anxiety Scale, consider taking one of the tests below.Systemizing QuotientMeasures your systemizing and patterning/proclivities and abilitiesToronto Empathy QuestionnaireMeasures your emotional ability/understand and respond to othersToronto Alexithymia ScaleMeasures difficulty in identifying anddescribing emotions and feelingsOnline autism tests can play an essential role in the process of self-discovery, and may inform your decision to pursue a formal diagnosis. For a formal assessment, please see a knowledgeable medical professional trained in assessing autism.If you are looking for an autism assessment,Dr. Natalie Engelbrecht can offer help!You can find more information here:Online autism assessments The Liebowitz Social Anxiety Scale (LSAS) is a 24-item, self-rated scale used to assess how social anxiety plays a role in your life across a variety of situations. The LSAS was developed by psychiatrist and researcher Dr. Michael R. Liebowitz. 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Here is a link to the test according to your 0-4 choices. Reverse the scores on items 5, 9, and 11, so a zero is worth 4 points, a 1 is worth 3 points, etc. 80 is the maximum number of points you can score (4x20). A score of 43 or more indicates traditional social anxiety (generalized irrational fears across numerous social situations with avoidance and impairment). A score of 34 to 42 indicates what is sometimes called social phobia (specific situations of irrational social fears with avoidance and impairment). If you'd like to bring your test with you when you come to see me, we can use it to provide helpful information in formulating a treatment plan. Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt, remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. The Liebowitz Social Anxiety Scale (LSAS) is an assessment of social phobia that focuses on a range of social interaction and performance situations developed by Dr. Michael R Liebowitz. Each of the 24 items are evaluated on two Likert scales, one for Anxiety and one for Avoidance. The anxiety subscale asks how anxious or fearful the subject feels in that particular situation. None = 0 Mild = 1 Moderate = 2 Severe = 3 The avoidance subscale asks how often the subject avoids the situation. Never = 0 Occasionally = 33% the time = 1 Often w/3-67% of the time = 2 They 67-100% of the time = 3 The total score totals anxiety and avoidance for all 24 items and is interpreted as follows: LSAS score Interpretation 0 - 29 No social anxiety 30 - 49 Mild social anxiety 50 - 64 Moderate social anxiety 65 - 79 Marked social anxiety 80 - 95 Severe social anxiety > 95 Very severe social anxiety The LSAS focuses on the way that social phobia plays a role in the life of the respondent, in a variety of situations. The respondent is asked to relate to their behaviour in the past week. The original scale was developed as a clinician-rated measure, where the administrator describes each situation to the respondent and asks them to rate their fear and avoidance. The clinician may then adjust the initial response based upon clinical judgment. Currently, the scale is more often used as patient-rated, for quicker and less costly administration. If the respondent does not ordinarily experience a particular situation, they should be advised to imagine the situation and rate the degree they would fear the hypothetical situation and how often they think they would tend to avoid it. The scale has a wide range of uses, from the general public concerned that they may be experiencing signs of a disorder (with the caveat that they should then ask for professional advice) to clinical settings and research studies. Whilst the LSAS was found by several studies to be an effective and cost-efficient way to identify people with social anxiety (excellent internal consistency or reliability), clinical diagnosis of SAD must be based on an assessment by a trained mental health professional. Rytwinski et al. found that the self-report version of the scale can be used in screening individuals for social anxiety disorder, with a cut-off score of 30 accurately identifying 90% of the individuals with SAD. Heimberg et al. found that the scale is sensitive to change so may be used alongside treatment with psychotropic medication to monitor changes in social anxiety and treatment success. Liebowitz Social Phobia, Modern Problems in Psychopharmacology, 1987, other references: Fresco DM, Liebowitz Social Anxiety Scale: A comparison of the psychometric properties of self-report and clinician-administered formats. Psychological Medicine 2001; 31(6):1025-35. Rytwinski NK, Fresco DM, Heimberg RG, et al. Screening for social anxiety disorder with the self-report version of the Liebowitz Social Anxiety Scale. Depress Anxiety 2009; 29(1):24-38. Heimberg RG, Horner KJ, Juster HR, et al. Psychometric properties of the Liebowitz Social Anxiety Scale. Psychol Med. 1999; 29(1):199-212. MDApp offers a growing collection of medical algorithms, scores and calculators grouped by specialty, for both professionals and patients. Assess social anxiety quickly with this LSAS-SR self-report tool, get an instant 0-144 score, learn your severity level and access guidance on next steps toward support. { { instruction.buttonLabel } } { { resultText.title } } { { resultText.badgePrefix } } { { severityName } } # { { resultText.questionCol } } { { resultText.fearCol } } { { resultText.avoidCol } } { { a.id } } { { a.text } } { { a.fear } } { { a.avoid } } The Liebowitz Social Anxiety Scale Self-Report converts fear and avoidance across 24 everyday social scenarios into objective numbers. The scale distinguishes ordinary shyness from clinically significant social anxiety by measuring two behaviour patterns that often remain hidden during casual self-reflection. This online tool asks you to rate fear and avoidance for each scenario, then sums the 48 answers into a 0-144 total. An interactive gauge visualises your position on five empirically validated severity bands and presents tailored guidance you can use immediately. Completing the checklist before a presentation or reunion can reveal when ordinary nerves cross into impairment, helping you decide whether skills practice or professional support is warranted. Answer honestly; rushing skews results. Results do not constitute a clinical diagnosis. The LSAS-SR operationalises social-anxiety severity by separately quantifying emotional fear and behavioural avoidance. Summing these dimensions captures both the felt distress and its real-world impact, producing a single score that is highly predictive of impairment. Total Score Range: 0-144. Mild = 0-30, Moderate = 31-49, Severe = 50-64, Avoidance Rating: 0-144. Total LSAS Score: 0-144. Interpretation: 0-29 No social anxiety, 30-49 Mild social anxiety, 50-64 Moderate social anxiety, 65-79 Marked social anxiety, 80-95 Severe social anxiety, >95 Very severe social anxiety. Variables & Parameters fear emotional intensity rating, 03 integer, avoidance behavioural frequency rating, 03 integer, totalScore computed sum, integer 0-144, severityName categorical label derived from totalScore, Worked Example You rate fear = 2 and avoidance = 1 for every item. TotalFear=48,TotalAvoidance=24,T=72, 72 falls in the Marked band, signalling notable life interference. Relies on honest self-report. One-week recall window may miss longer patterns. Severity bands were calibrated on treatment-seeking adults. Does not capture panic or general anxiety. All zeros or dashes generate a None result by design. Incomplete responses block scoring to prevent underestimation. Uniform high fear but low avoidance can mask distress. Browser locale changes while answering may reset progress. Liebowitz (1987) introduced the LSAS; subsequent peer-reviewed studies confirm its reliability, convergent validity, and sensitivity to cognitive-behavioural or pharmacological treatment effects. Privacy & Compliance No personal data leaves your device; the assessment operates entirely client-side, aligning with GDPR principles of data minimisation. Follow these steps to generate your LSAS-SR score. Press Start Assessment to reveal the first scenario. Select a fear rating and an avoidance rating for the highlighted item. Continue through the list; progress updates automatically. Review completed items in the side list and revisit any you wish to change. When every pair is answered, read your score, severity band, and guidance below the gauge. FAQ: How long does it take? Most people finish in three to five minutes, depending on reading speed and reflection. Is my data stored? No. Answers stay in your browser's memory and vanish when you refresh or close the page. What does the total score mean? It quantifies combined fear and avoidance; the coloured band beneath the gauge explains practical impact. Can I retake the scale? Yes. Reloading the page clears previous answers so you can measure change over time. Should I seek help? If your score falls in Marked or Severe bands/or your distress feels unmanageable,consult a qualified mental-health professional. AvoidanceDeliberately steering clear of a feared situation. Fear ScoreIntensity of anxiety felt in the moment imagined. Severity BandCategorical label mapping total score to impact. Self-Report Assessment completed by the respondent, not an interviewer. Social AnxietyPersistent fear of negative evaluation in social settings. IntroductionThe Liebowitz Social Anxiety Scale (LSAS) is a psychological assessment tool specifically designed to evaluate the range and severity of social anxiety disorder (SAD) symptoms. Introduced by Dr. Michael R. Liebowitz in 1987, the scale addresses the need for a comprehensive measure to adequately reflect the complex nature of social anxiety. The LSAS distinguishes itself by assessing not only the fear associated with social interaction and performance situations, but also the avoidance behaviors that often accompany such fears. This dual focus provides a more complete view of social anxiety, encapsulating both the emotional distress and the consequential behavioral adaptations that characterize the disorder. The administration of the original LSAS involves a structured interview, although a self-report version is presented below, broadening its accessibility and applicability in various clinical and research settings. Respondents are asked to rate their level of fear or anxiety and the degree to which they avoid specific social and performance situations on a scale from 0 to 3. This quantification facilitates a better understanding of the severity of social anxiety, distinguishing between mild, moderate, and severe manifestations. By providing a detailed profile of an individual's social anxiety, the LSAS assists clinicians and researchers in developing targeted treatment plans and conducting empirical studies on the efficacy of different therapeutic interventions. Its robust psychometric properties have contributed to its widespread acceptance as a reliable and valid instrument for assessing social anxiety.InstructionsThis measure assesses the way that social phobia plays a role in your life across a variety of situations. Read each situation carefully and answer two questions about that situation. The first question asks how anxious or fearful you feel in the situation. The second question asks how often you avoid the situation. If you come across a situation that you ordinarily do not experience, imagine what if you were faced with that situation, and then rate the degree to which you would fear this hypothetical situation and how often you would tend to avoid it. Please base your ratings on the way that the situations have affected you in the last week. Fill out the following scale with the most suitable answer provided below. The Liebowitz Social Anxiety Scale (LSAS) is a 24-item, self-rated scale used to assess how social anxiety plays a role in your life across a variety of situations. The LSAS was developed by psychiatrist and researcher Dr. Michael R. Liebowitz. The scale might be used in research studies to determine the level of social anxiety experienced by participants, in clinical settings to assess a particular patient's symptoms, or by people who are concerned that what they are experiencing might be the signs of an anxiety disorder. Experts now recommend routine anxiety screening for all women and girls over the age of 13, so the LSAS is one type of screening tool that you may encounter during a routine doctor's visit.If you think you might have social anxiety disorder (SAD), the Liebowitz Social Anxiety Scale can help evaluate your symptoms. The questions on the assessment identify a wide variety of social situations and then ask you to rate the degree of fear and avoidance you experience for each situation. The test is a quick, cost-effective way to accurately determine whether a person might have a problem with social anxiety. You can take the LSAS online for free, but only a doctor or mental health professional can diagnose social anxiety disorder. If you believe you have SAD, talk to your doctor or therapist to learn more about your treatment options. The Liebowitz Social Anxiety Scale assesses both your social anxiety in situations as well as your avoidance of those situations. In this way, each item on the LSAS describes a situation in which you must answer the following questions. Anxiety Questions (how anxious or fearful you feel)0 = none1 = mild2 = moderate3 = severeAvoidance Questions (how often you avoid the situation)0 = never1 = occasionally2 = often3 = severe If a question describes a situation that you do not ordinarily experience, you are asked to imagine how you would respond if faced with the situation. All questions are answered based on how the situations have affected you in the past week. Below are some sample situations from the questionnaire: Using a telephone in publicParticipating in a small group activityEating in publicTalking to a person in authorityBeing observed while workingMeeting people you don't knowSpeaking during a meetingMaking eye contact with people you don't knowWellGiving a speech This is just a brief list, and the LSAS covers many other types of situations that are commonly known to trigger social anxiety performance anxiety and concerns. Situations that can commonly lead to social anxiety symptoms include interacting with strangers, making phone calls, and encountering unfamiliar social settings. The Liebowitz Social Anxiety Scale is scored by summing the item ratings. Below are the suggested interpretations for various score ranges. 5565: Moderate social phobia6580: Marked social phobia8095: Severe social phobiaGreater than 95: Very severe social phobia As with any self-report instrument, scores on the Liebowitz Social Anxiety Scale need to be interpreted by a qualified mental health professional and followed up with a full diagnostic interview for social anxiety disorder (SAD) when warranted. Studies have shown the LSAS to be an effective and cost-efficient way to identify people with problems with social anxiety. Research indicates that the scale is reliable and valid for measuring global social anxiety. Another study concluded that the LSAS measures the same trait in the same way across all expressions of social anxiety symptoms. The researchers concluded that the scale is a good tool for assessing, screening, and researching social anxiety. However, a single instrument can't be used to make a diagnosis. A clinical diagnosis of SAD can only be made based on an interview conducted by a trained mental health professional such as a psychologist, psychiatrist, or social worker. Your doctor or therapist may administer the Liebowitz Social Anxiety Scale, but you should also know that the LSAS is freely available for you to complete online if you wish. If you complete the test and find the results concerning, be sure to check with your doctor about what they might mean. Your results may point to social anxiety, but it is essential to talk to a doctor or mental health professional to evaluate your symptoms and rule out other potential causes. While an assessment such as the LSAS can be informative, it's only in the context of a larger evaluation that the cause of your symptoms can be determined and a course of action planned.Other self-report social anxiety measures include the Social Phobia Inventory (SPIN), the Social Phobia and Anxiety Inventory (SPAI), the Social Phobia Scale (SPS), and the Social Interaction Anxiety Scale (SIAS). If you are concerned that you may be living with symptoms of anxiety or avoidance, make an appointment with your primary care physician to discuss the next steps. If this feels hard to do, consider making an appointment for general mental health concerns, and then when you meet with your doctor, bring along a copy of the LSAS as well as a written statement of what you have been experiencing. Depending on your health insurance, you can also make an appointment with a mental health professional without consulting your primary care doctor. Know that you are not alone in the way that you are feeling and that your doctor can either conduct an assessment or refer you to a mental health professional who can provide a diagnosis and treatment options such as medication or talk therapy. Social anxiety disorder is often treated with cognitive-behavioral therapy (CBT), an approach focused on helping people change the underlying thoughts and behaviors that contribute to social fear and avoidance. Exposure therapy can also help people learn to manage social situations. In this approach, people practice being exposed to the social situations they fear, either in real life or by imagining the situation. Over time and with more exposure, feelings of fear begin to diminish. Zolof (sertraline), Paxil (paroxetine), and Effexor (venlafaxine) are FDA-approved to treat social anxiety disorder. Other medications may also be prescribed off-label, including other SSRIs, SNRIs, MAOIs, beta-blockers, and benzodiazepines. The Liebowitz Social Anxiety Scale for Adults (LSAS) is a questionnaire developed by Dr. Michael R. Liebowitz, a psychiatrist and researcher. This measure assesses the way that social anxiety plays a role in your life across a variety of situations. Read each situation carefully and answer two questions about that situation. The first question asks how anxious or fearful you feel in the situation. The second question asks how often you avoid the situation. If you come across a situation that you ordinarily do not experience, imagine what if you were faced with that situation, and then rate the degree to which you would tend to avoid it. Please base your ratings on the way that the situations have affected you in the last week.Liebowitz, Michael R. Liebowitz Social Phobia Scale. Modern Problems of Pharmacopsychiatry 22 (1987): 143-171. The Liebowitz Social Anxiety Scale for Adults (LSAS) is a questionnaire developed by Dr. Michael R. Liebowitz, a psychiatrist and researcher. This measure assesses the way that social anxiety plays a role in your life across a variety of situations. Read each situation carefully and answer two questions about that situation. The first question asks how anxious or fearful you feel in the situation. The second question asks how often you avoid the situation. If you come across a situation that you ordinarily do not experience, we ask that you imagine "what if you were faced with that situation," and then rate the degree to which you would fear this hypothetical situation and how often you would tend to avoid it. Please base your ratings on the way that the situations have affected you in the last week.Liebowitz, Michael R. Liebowitz Social Phobia Scale. Modern Problems of Pharmacopsychiatry 22 (1987): 143-171. Credit:www.socialanxiety-support.com.Social Anxiety in Generation Z and What We Can Do to Help:NSAC Board member, Jane Steele, PhD, LPC (director of NSAC Kalamazoo, MI) is conducting a study to learn more about the unique experience of social anxiety among adult members of Generation Z. If you were born between 1997 and 2006, live in the US, and experience problems with social anxiety, please click HERE to learn more about how you can participate in this study. You will be helping therapists learn how to better help young adults with social anxiety!

Liebowitz social anxiety scale score. Social anxiety screening tool. Social anxiety scale interpretation. How to score the social interaction anxiety scale. Anxiety scale score. Social physique anxiety scale scoring. Social phobia scale scoring. Social anxiety rating scale. Social anxiety scale for adults.

