Interaction Anxiousness Scale

(Leary, 1983)

Indicate how characteristic each of the following statements is of you according to the following scale:

1 = **Not at all** characteristic of me.
2 = **Slightly** characteristic of me.
3 = **Moderately** characteristic of me.
4 = **Very** characteristic of me.
5 = **Extremely** characteristic of me.

_____ 1. I often feel nervous even in casual get-togethers.
_____ 2. I usually feel comfortable when I'm in a group of people I don't know.
_____ 3. I am usually at ease when speaking to a member of the other sex.
_____ 4. I get nervous when I must talk to a teacher or a boss.
_____ 5. Parties often make me feel anxious and uncomfortable.
_____ 6. I am probably less shy in social interactions than most people.
_____ 7. I sometimes feel tense when talking to people of my own sex if I don't know them very well.
_____ 8. I would be nervous if I was being interviewed for a job.
_____ 9. I wish I had more confidence in social situations.
_____ 10. I seldom feel anxious in social situations.
_____ 11. In general, I am a shy person.
_____ 12. I often feel nervous when talking to an attractive member of the opposite sex.
_____ 13. I often feel nervous when calling someone I don't know very well on the telephone.
_____ 14. I get nervous when I speak to someone in a position of authority.
_____ 15. I usually feel relaxed around other people, even people who are quite different from me.