

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.