

Social Phobia Diagnostic Questionnaire (SPDQ)*

Patient Name: _____ Date: _____

1. In social situations where it is possible that you will be noticed or evaluated by other people, do you feel excessively nervous, fearful, or uncomfortable?	No	Yes
2. Do you tend to be overly worried that you may act in a way that might embarrass or humiliate yourself in front of other people, or that others may not think well of you?	No	Yes
3. Do you try to avoid social situations?	No	Yes

Below is a list of some situations that are fear provoking for some people. Rate the severity of your anxiety and avoidance on the following scales:

0 = No fear

1 = Mild fear

2 = Moderate fear

3 = Severe fear

4 = Very severe fear

0 = Never avoid

1 = Rarely avoid

2 = Sometimes avoid

3 = Often avoid

4 = Always avoid

	a) Fear	b) Avoidance
4. Parties	0 1 2 3 4	0 1 2 3 4
5. Meetings	0 1 2 3 4	0 1 2 3 4
6. Eating in a public location	0 1 2 3 4	0 1 2 3 4
7. Using public bathrooms when others are present	0 1 2 3 4	0 1 2 3 4
8. Becoming the focus of attention	0 1 2 3 4	0 1 2 3 4
9. Writing in front of other people (signing checks, filling out forms)	0 1 2 3 4	0 1 2 3 4
10. Dating circumstances	0 1 2 3 4	0 1 2 3 4
11. A first date	0 1 2 3 4	0 1 2 3 4
12. Meeting people in authority	0 1 2 3 4	0 1 2 3 4
13. Speaking with people in authority	0 1 2 3 4	0 1 2 3 4
14. Saying "no" to an unreasonable request	0 1 2 3 4	0 1 2 3 4
15. Asking others to do something differently	0 1 2 3 4	0 1 2 3 4
16. Being introduced	0 1 2 3 4	0 1 2 3 4
17. Initiating a conversation	0 1 2 3 4	0 1 2 3 4
18. Keeping a conversation going	0 1 2 3 4	0 1 2 3 4
19. Giving a speech	0 1 2 3 4	0 1 2 3 4
20. Using the telephone	0 1 2 3 4	0 1 2 3 4
21. Others judging you	0 1 2 3 4	0 1 2 3 4
22. Being under observation by others	0 1 2 3 4	0 1 2 3 4
23. Being teased	0 1 2 3 4	0 1 2 3 4

* Adapted with permission to reflect changes in the DSM-5. Newman MG, Kachin KE, Zuellig AR, Constantino MJ, Cashman L. The social phobia diagnostic questionnaire: preliminary validation of a new self-report diagnostic measure of social phobia. *Psychol Med.* 2003; 33(4):623–635.

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24. Do you tend to experience fear each time you are in feared social situations?	No	Yes						
25. Does the fear come on as soon as you encounter feared social situations?	No	Yes						
26. Would you say your social fear is excessive or unreasonable?	No	Yes						
27. Circle the degree to which your social fear interferes with your life, work, social activities, family, etc. (Circle one)								
0	1	2	3	4	5	6	7	8
Not at all		Mildly		Moderately		Severely		Very severely/ Disabling
28. How distressing do you find your social fear? (Circle one)								
0	1	2	3	4	5	6	7	8
No distress		Mild distress		Moderate distress		Severe distress		Very severe distress
29. Has what you have been able to achieve in your job or in school been negatively affected by your social fear?		No	Yes					

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Note: Questions 4–23 provide clinicians with additional information on specific feared situations.

Note: In the DSM-5, it is no longer required that the individual recognize that their anxiety is excessive or unreasonable. It is now the clinician’s judgment. (Individuals with these disorders often overestimate the danger in “phobic” situations, and older individuals often misattribute “phobic” fears to aging.) The following follow-up questions (30–32)—not part of the original scale—have been added by the author to reflect criteria in the DSM-5.

Clinician assessment follow-up questions (Yes/No)

30. Is social fear out of proportion to the actual threat posed by the social situation and to the sociocultural context? (DSM-5 deletion of requirement that person feels the fear is excessive or unreasonable—clinician evaluation of question 26 of the scale.)	No	Yes
31. Have these symptoms been present for 6 months or more?	No	Yes
32. Can the fear be better explained by another psychiatric or medical condition or substance (e.g., drug, substance use disorder)?	No	Yes

Provisional Diagnosis Legend (can be used to recall DSM-5 criteria, requires validation through research)

If Yes to 1, 2, 24 or 25, 30, **and** 31

AND

If Yes to 3 **or** 28 \geq 4

AND

27 \geq 4

AND

If No to 32

THEN

Results are consistent with social anxiety disorder. Consider further evaluation and review with DSM-5 criteria.

Total Score Legend (validated as follows)

Screening for social anxiety disorder: **Total Score** >7.38 (85% specificity, sensitivity 82%) Detecting social anxiety disorder: **Total Score** >12.13 (94% specificity, sensitivity 47%)

To create a total score:

1. All Yes answers are coded 1, “No” answers 0.
2. Only items in the “a” column from 4–23 are summed and divided by 4.
3. Items 27 and 28 are summed and divided by 2.

Note: Avoidance scores (b column, 4–23) and item 29 are not factored in the total score; avoidance scores were not found to add anything to the scoring.