

SPIN

name _____

date _____

beside each statement below, please tick the box that best describes how you have been feeling during the last week or other agreed time period:

| | | 0: not at all | 1: a little bit | 2: some -what | 3: very much | 4: extre -mely |
|-----------|--|--------------------------|----------------------------|--------------------------|-------------------------|---------------------------|
| 1 | I am afraid of people in authority | | | | | |
| 2 | I am bothered by blushing in front of people | | | | | |
| 3 | parties and social events scare me | | | | | |
| 4 | I avoid talking to people I don't know | | | | | |
| 5 | being criticized scares me a lot | | | | | |
| 6 | I avoid doing things or speaking to people for fear of embarrassment | | | | | |
| 7 | sweating in front of people causes me distress | | | | | |
| 8 | I avoid going to parties | | | | | |
| 9 | I avoid activities in which I am the centre of attention | | | | | |
| 10 | talking to strangers scares me | | | | | |
| 11 | I avoid having to give speeches | | | | | |
| 12 | I would do anything to avoid being criticized | | | | | |
| 13 | heart palpitations bother me when I am around people | | | | | |
| 14 | I am afraid of doing things when people might be watching | | | | | |
| 15 | being embarrassed or looking stupid are among my worse fears | | | | | |
| 16 | I avoid speaking to anyone in authority | | | | | |
| 17 | trembling or shaking in front of others is distressing to me | | | | | |

total score =

SPIN

as a rough rule of thumb, SPIN scores indicate the following levels of social anxiety:

| | | | | |
|----------------|-------------|-------------|-------------|-------------|
| <i>< 20</i> | <i>20's</i> | <i>30's</i> | <i>40's</i> | <i>50's</i> |
| none | mild | moderate | severe | very severe |

note that the IAPT 2011 data handbook recommends a cut-off score of 18 or less on the SPIN to qualify as in the normal range for social anxiety disorder

average outcomes in a major research trial using paroxetine were:

| | | | | |
|-----------|-------------|-------------|---------------|-------------|
| | fear | avoidance | physiological | total |
| baseline | <i>15.3</i> | <i>19.9</i> | <i>7.8</i> | <i>43</i> |
| end-point | <i>10.0</i> | <i>13.3</i> | <i>4.0</i> | <i>27.4</i> |

it is suggested that a 50% reduction in SPIN score correlates with a "clinical response":

| | | | |
|-------------------|-----------|-----------|-----------|
| improvement level | minimal | much | very much |
| % SPIN reduction | <i>35</i> | <i>53</i> | <i>60</i> |