

social cognitions questionnaire

name: date:

Listed below are some thoughts that go through people's minds when they are nervous or frightened. Indicate, on the LEFT hand side of the form, how often **in the last week** each thought has occurred; rate each thought from 1 to 5 using the following scale:

1. Thought never occurs; 2. Thought rarely occurs;
 3. Thought occurs during half of the times when I am nervous;
 4. Thought usually occurs; 5. Thought always occurs when I am nervous

___	I will be unable to speak	___
___	I am unlikeable	___
___	I am going to tremble or shake uncontrollably	___
___	People will stare at me	___
___	I am foolish	___
___	People will reject me	___
___	I will be paralysed with fear	___
___	I will drop or spill things	___
___	I am going to be sick	___
___	I am inadequate	___
___	I will babble or talk funny	___
___	I am inferior	___
___	I will be unable to concentrate	___
___	I will be unable to write properly	___
___	People are not interested in me	___
___	People won't like me	___
___	I am vulnerable	___
___	I will sweat/perspire	___
___	I am going red	___
___	I am weird/different	___
___	People will see I am nervous	___
___	People think I am boring	___
___	Other thoughts not listed (please specify):	___
___	_____	___

When you feel anxious how much do you believe each thought to be true. Please rate each thought by choosing a number from the scale below, and put the number which applies on the line on the RIGHT hand side of the form.

0	10	20	30	40	50	60	70	80	90	100
<i>I do not believe this thought</i>						<i>I am completely convinced this thought is true</i>				

SCQ: developed by Adrian Wells, Lucia Stopa & David M Clark (1993)

