

## Social Avoidance and Distress Scale (SADS)

### Instructions:

This questionnaire consists of a number of statements. We want you to decide for each one if it is TRUE or FALSE, as applied to you. If the statement is TRUE or MOSTLY TRUE as applied to you, choose the TRUE option. If the statements is FALSE or MOSTLY FALSE as applied to you, choose the FALSE option. Remember to give your own opinion of yourself.

		True	False
1	I feel relaxed even in unfamiliar social situations	0	1
2	I try to avoid situations, which force me to be very sociable	1	0
3	It is easy for me to relax when I am with strangers	0	1
4	I have no particular desire to avoid people	0	1
5	I often find social occasions upsetting	1	0
6	I usually feel calm and comfortable at social occasions	0	1
7	I am usually at ease when talking to someone of the opposite sex	0	1
8	I try to avoid talking to people unless I know them well	1	0
9	If the chance comes to meet new people, I often take it	0	1
10	I often feel nervous or tense in casual get-togethers in which both sexes are present	1	0
11	I am usually nervous with people unless I know them well	1	0
12	I usually feel relaxed when I am with a group of people	0	1
13	I often want to get away from people	1	0
14	I usually feel uncomfortable when I am in a group of people I don't	1	0
15	I usually feel relaxed when I meet someone for the first time	0	1
16	Being introduced to people makes me tense and nervous	1	0
17	Even though a room is full of strangers, I may enter it anyway	0	1
18	I would avoid walking up and joining a large group of people	1	0
19	When my superiors want to talk with me, I talk willingly	0	1
20	I often feel on edge when I am with a group of people	1	0
21	I tend to withdraw from people	1	0

		True	False
22	I don't mind talking to people at parties or social gatherings	0	1
23	I am seldom at ease in a large group of people	1	0
24	I often think of excuses in order to avoid social engagements	1	0
25	I sometimes take the responsibility for introducing people to each other	0	1
26	I try to avoid formal social occasions	1	0
27	I usually go to whatever social engagements I have	0	1
28	I find it easy to relax with other people	0	1

### Developer Reference:

Watson, D., & Friend, R. (1969). Measurement of social-evaluative anxiety. *Journal of Consulting and Clinical Psychology*; *Journal of Consulting and Clinical Psychology*, 33(4), 448.

## Scoring and Interpretation

Scores consist of total raw score (from 0 to 28) and a percentile rank based on Watson and Friend's validation sample.

The overall mean for this sample was 9.11 and the standard deviation 8.01, although it should be noted that there was a strong positive skew in results. This, combined with the fact that the sample were university students, means that percentiles should be interpreted with caution.

Scores can be categories into high, average and low groups as follows:

**Low Social Anxiety** – 0 or 1.

**Average Social Anxiety** – 2 to 11.

**High Social Anxiety** – 12 and up.

Generally the lower scores on the SADS are considered to be most adaptive because they are associated with self-esteem and social engagement, however, individuals who score very low on the SADS have been shown to have a higher need for social control and dominance (Geist & Borecki, 1982). Thus, very low scorers may be resistant to prosocial activities. Higher scorers on the SADS have lower self confidence, lower need for social affiliation, low need for dominance and a high need for deference.