The Liebowitz Social Anxiety Scale\(^1\) (LSAS) assesses the range of anxiety/fear and avoidance present in patients when confronted with situations requiring social interaction or performance. Based on data from several outpatient treatment studies, this assessment screening instrument appears to be reliable and valid, both for initial assessments of social anxiety (also known as social phobia) and for followup assessments to help determine response to treatment.\(^2\) Although originally designed as a clinician-rated scale, the version presented here may be administered as either a self-report scale or as a clinician-rated scale.

**Instructions for Administering the LSAS**

Ask the patient to rate anxiety/fear and avoidance levels for the items listed (based on experiences during the past week). If the patient has not experienced a situation described in an item, ask the patient to decide on the ratings by imagining how he or she would have responded had the situation actually occurred. Each item is rated from 0 to 3 as defined on the questionnaire (next page). Emphasize the importance of consistency in rating each item the same way each time through the scale. For example, for Item 20, if the patient based the initial ratings on giving an oral report to a small group of coworkers, when the patient completes this scale on subsequent administrations, the ratings should also be based on giving an oral report to a small group of coworkers. When administered as a clinician-rated scale, the clinician is given latitude to question the patient’s responses and adjust the ratings accordingly.

**Instructions for Scoring the LSAS**

- An overall, or *global*, score may be calculated by summing the total fear/anxiety and total avoidance scores, and is interpreted as follows:

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-69</td>
<td>Moderate social anxiety disorder</td>
</tr>
<tr>
<td>70-89</td>
<td>Marked social anxiety disorder</td>
</tr>
<tr>
<td>90-109</td>
<td>Severe social anxiety disorder</td>
</tr>
<tr>
<td>110 or greater</td>
<td>Very severe social anxiety disorder</td>
</tr>
</tbody>
</table>

- A *performance* score may be calculated by summing the total fear/anxiety and total avoidance scores for the performance items (1, 2, 3, 4, 6, 8, 9, 13, 14, 16, 17, 20, 21).

- A *social interaction* score may be calculated by summing the total fear/anxiety and total avoidance scores for the social interaction items (5, 7, 10, 11, 12, 15, 18, 19, 22, 23, 24).

- Four separate scores for *performance fear/anxiety*, *performance avoidance*, *social interaction fear/anxiety*, and *social interaction avoidance* may be obtained in the same manner as obtaining the *performance* and *social interaction* scores, except that the fear/anxiety and avoidance totals do not get combined.

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[The Complete Practitioner] would like to thank the author of the LSAS, Dr. Michael Liebowitz, for reviewing this presentation of the LSAS and for providing updated scoring ranges. [The Complete Practitioner]
Fill out the following questionnaire with the most suitable answer listed below. Base your answers on your experience in the past week and, if you have completed the scale previously, be as consistent as possible in your perception of the situation described. Be sure to answer all items.

<table>
<thead>
<tr>
<th>Fear or Anxiety</th>
<th>Avoidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 = None</td>
<td>0 = Never (0%)</td>
</tr>
<tr>
<td>1 = Mild</td>
<td>1 = Occasionally (1%-33% of the time)</td>
</tr>
<tr>
<td>2 = Moderate</td>
<td>2 = Often (33%-67% of the time)</td>
</tr>
<tr>
<td>3 = Severe</td>
<td>3 = Usually (67%-100% of the time)</td>
</tr>
</tbody>
</table>

### Understanding the situations:

1. **Telephoning in public** - speaking on the telephone in a public place
2. **Participating in small groups** - having a discussion with a few others
3. **Eating in public places** - do you tremble or feel awkward handling food
4. **Drinking with others in public places** - refers to any beverage including alcohol
5. **Talking to people in authority** - for example, a boss or teacher
6. **Acting, performing or giving a talk in front of an audience** - refers to a large audience
7. **Going to a party** - an average party to which you may be invited; assume you know some but not all people at the party
8. **Working while being observed** - any type of work you might do including school work or housework
9. **Writing while being observed** - for example, signing a check in a bank
10. **Calling someone you don’t know very well**
11. **Talking with people you don’t know very well**
12. **Meeting strangers** - assume others are of average importance to you
13. **Urine in a public bathroom** - assume that others are sometimes present, as might normally be expected
14. **Entering a room when others are already seated** - refers to a small group, and nobody has to move seats for you
15. **Being the center of attention** - telling a story to a group of people
16. **Speaking up at a meeting** - speaking from your seat in a small meeting or standing up in place in a large meeting
17. **Taking a written test**
18. **Expressing appropriate disagreement or disapproval to people you don’t know very well**
19. **Looking at people you don’t know very well in the eyes** - refers to appropriate eye contact
20. **Giving a report to a group** - refers to an oral report to a small group
21. **Trying to pick up someone** - refers to a single person attempting to initiate a relationship with a stranger
22. **Returning goods to a store where returns are normally accepted**
23. **Giving an average party**
24. **Resisting a high pressure salesperson** - avoidance refers to listening to the salesperson for too long

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The LSAS self-report version may also be used as a clinician-rated version.

The LSAS self-report version is available from SmithKline Beecham Pharmaceuticals. A pad of several copies can be obtained by faxing a request on your professional letterhead for Item #PX0196 (215-751-4142).

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October 1999