

## SA-DOS

Please read each item below. Using the scale below, choose a number ranging from 1 to 5 to indicate whether you strongly disagree, disagree somewhat, neither agree nor disagree (neutral), agree somewhat, or strongly agree with the following thoughts and beliefs about your interactions with others. Please indicate what you **generally** think or believe, not what you would like to, or feel you should think or believe.

1= strongly disagree 2= moderately disagree 3= neutral 4= moderately agree 5= strongly agree

1. I often think that people avoid me because I make them feel on edge. 1 2 3 4 5
2. I've often noticed that when I'm feeling anxious, others appear distracted. 1 2 3 4 5
3. I often think that if I'm anxious, others will be annoyed with me. 1 2 3 4 5
4. I often think if I could just be less anxious, others would have a better time. 1 2 3 4 5
5. Being anxious can spoil the fun for everyone. 1 2 3 4 5
6. When interacting with others, I've noticed that what I say or do can "make" or "break" the way things go. 1 2 3 4 5
7. I often think that if I don't create a comfortable environment for others, then I am to blame. 1 2 3 4 5
8. When I'm with other people, I find it hard to relax unless everything is going perfectly. 1 2 3 4 5
9. I often think that people expect me to act in a certain way. 1 2 3 4 5
10. If I just knew people were relaxed with me it would be so much easier. 1 2 3 4 5
11. I've noticed that if I feel anxious, others will become agitated. 1 2 3 4 5
12. I've often noticed that once I've made one person feel uncomfortable, everybody becomes uncomfortable. 1 2 3 4 5
13. I've often noticed that if I'm feeling anxious, others become impatient. 1 2 3 4 5
14. I often think that if I feel awkward, I must be making others feel awkward. 1 2 3 4 5

**Rector, N.A., Kocovski, N.L., & Ryder, A. (2006).** Social anxiety and the fear of causing discomfort to others. *Cognitive Therapy and Research, 30*, 279-296.