



Avoidant Personality Severity Scale (APSS) Questionnaire

Instructions

Avoidant Personality Severity Scale (APSS) contains 14 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Never (0)	Rarely (1)	Sometim es (2)	Often (3)	Always (4)
1	You are avoiding occupational activities that involve significant interpersonal contact because of fears of criticism, disapproval, or rejection.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	You are unwilling to get involved with people unless being liked.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	You are showing restraint within intimate relationships because of the fear of being shamed or ridiculed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	You are preoccupied with being criticized or rejected in social situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	You view yourself as socially inept, personally unappealing, or inferior to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	You are reluctant to take personal risks or engage in new activities because they may prove embarrassing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Your childhood was socially fine.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Never (0)	Rarely (1)	Sometim es (2)	Often (3)	Always (4)
8	You fear criticism, disapproval, or rejection.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	You feel socially inept.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	You avoid work or activities that make you anxious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	You have low self-esteem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	You are afraid to speak up for fear of saying the wrong thing, blushing, or stammering.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	You avoid eating in public places.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	You have a high level of self-consciousness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Reverse-Scored Items

7

Reverse Scoring Formula

0 → 4
 1 → 3
 2 → 2
 3 → 1
 4 → 0

Dimension Scoring Keys

Dimension	Items	Number of Items
Avoidance (Social Inhibition)	1, 2, 10, 13	4
Defensiveness (Hypersensitivity to Criticism)	3, 12	2
Overconcern (Preoccupation with Criticism)	4, 8	2
Inferiority (Feelings of Inadequacy)	5, 9, 11	3
Yearning (Longing for Social Connection)	6	1
Insularity (Limited Social Circle)	7, 14	2

Raw Score Ranges

Scale	Items	Possible Range
Avoidance (Social Inhibition)	4	0–16
Defensiveness (Hypersensitivity to Criticism)	2	0–8
Overconcern (Preoccupation with Criticism)	2	0–8
Inferiority (Feelings of Inadequacy)	3	0–12
Yearning (Longing for Social Connection)	1	0–4
Insularity (Limited Social Circle)	2	0–8
Overall Score	14	0–56

Source

Deen Mohd Dar. Avoidant Personality Severity Scale (APSS-14), 2021.

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Interactive Version: [Avoidant Personality Severity Scale \(APSS\)](#)