



Deenz Social Anxiety Severity Scale Questionnaire

Instructions

Deenz Social Anxiety Severity Scale contains 20 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)	Very Often (4)
1	I feel tense or anxious when I have to strike up a conversation with a stranger.	☐	☐	☐	☐	☐
2	I avoid going to parties or social gatherings where I do not know most people.	☐	☐	☐	☐	☐
3	I feel comfortable expressing my opinions in a group of people.	☐	☐	☐	☐	☐
4	I worry that I will have nothing to say when talking to others.	☐	☐	☐	☐	☐
5	I find it easy to make eye contact with people I am talking to.	☐	☐	☐	☐	☐
6	I worry about introducing myself to new colleagues or peers.	☐	☐	☐	☐	☐

#	Statement	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Very Often (4)
7	I experience intense anxiety when I have to speak or present in front of a group.	☐	☐	☐	☐	☐
8	I feel self-conscious when eating or drinking in front of other people.	☐	☐	☐	☐	☐
9	I dread being the center of attention in any situation.	☐	☐	☐	☐	☐
10	I try to avoid public speaking opportunities whenever possible.	☐	☐	☐	☐	☐
11	I feel nervous when writing or working while someone is watching me.	☐	☐	☐	☐	☐
12	I worry that I will humiliate or embarrass myself in public.	☐	☐	☐	☐	☐
13	My heart beats rapidly or I sweat excessively when I am in social situations.	☐	☐	☐	☐	☐
14	After a social event, I spend hours analyzing everything I said and did.	☐	☐	☐	☐	☐
15	I worry that others will notice my physical symptoms of anxiety, like shaking or blushing.	☐	☐	☐	☐	☐
16	I assume that people are judging me negatively even when there is no evidence of it.	☐	☐	☐	☐	☐

#	Statement	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Very Often (4)
17	I experience a strong urge to leave a room when I start feeling anxious.	☐	☐	☐	☐	☐
18	I worry that people will find me boring or socially awkward.	☐	☐	☐	☐	☐
19	I feel calm and relaxed in most social environments.	☐	☐	☐	☐	☐
20	I find myself magnifying minor mistakes I made during social interactions.	☐	☐	☐	☐	☐

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

3, 5, 19

Reverse Scoring Formula

0 → 4

1 → 3

2 → 2

3 → 1

4 → 0

Dimension Scoring Keys

Dimension	Items	Number of Items
Social Interaction	1, 2, 3, 4, 5, 6	6
Performance Anxiety	7, 8, 9, 10, 11, 12	6
Cognitive & Physiological Symptoms	13, 14, 15, 16, 17, 18, 19, 20	8

Raw Score Ranges

Scale	Items	Possible Range
Social Interaction	6	0–24
Performance Anxiety	6	0–24
Cognitive & Physiological Symptoms	8	0–32
Overall Score	20	0–80

Source

DM Dar. Development and Validation of Deenz Social Anxiety Severity Scale (DSASS-20). DrDeenz Psychometrics Lab. August, 2025 [PREPRINT].

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Interactive Version: [Deenz Social Anxiety Severity Scale](#)