



Social Worries Questionnaire – P U P I L

Date: _____ Name: _____ Sex: _____
Class: _____ School: _____ Age: _____

Please put a circle around the rating which best describes you *over the past four weeks*.
Please answer all questions.

(‘Avoid’ means to try to get out of doing something.)

1	I avoid or get worried about going to parties	Not true	Sometimes true	Mostly true
2	I avoid or get worried about using the telephone	Not true	Sometimes true	Mostly true
3	I avoid or get worried about meeting new people	Not true	Sometimes true	Mostly true
4	I avoid or get worried about presenting work to the class	Not true	Sometimes true	Mostly true
5	I avoid or get worried about attending clubs or sports activities	Not true	Sometimes true	Mostly true
6	I avoid or get worried about asking a group of kids if I can join in	Not true	Sometimes true	Mostly true
7	I avoid or get worried about talking in front of a group of adults	Not true	Sometimes true	Mostly true
8	I avoid or get worried about going shopping alone	Not true	Sometimes true	Mostly true
9	I avoid or get worried about standing up for myself with other kids	Not true	Sometimes true	Mostly true
10	I avoid or get worried about entering a room full of people	Not true	Sometimes true	Mostly true
11	I avoid or get worried about using public toilets or bathrooms	Not true	Sometimes true	Mostly true
12	I avoid or get worried about eating in public	Not true	Sometimes true	Mostly true
13	I avoid or get worried about taking tests at school	Not true	Sometimes true	Mostly true

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Published by The NFER-NELSON Publishing Company Ltd., Darville House, 2 Oxford Road East, Windsor, Berkshire SL4 1DF, UK.