

Name \_\_\_\_\_

Today's Date \_\_\_\_\_

## **PROS-SA SCALE** **Social Anxiety Self-Assessment**

Rate the severity of your symptoms during the past week on a scale of 0 to 4  
Circle the word or words that best describe your experience

1. I am uncomfortable in social or performance situations.

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

2. I am afraid of doing something that will embarrass me.

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

3. When I am in social or performance situations I feel anxiety and panic.

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

4. I avoid social or performance situations.

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

5. My avoidance of social or performance situations interferes with daily functioning.

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

6. My fears of social or performance situations seem excessive or unreasonable.

Absent	Mild	Moderate	Severe	Extreme
0 _____	1 _____	2 _____	3 _____	4 _____

**PROS-SA SCALE**  
(Continued)

Please Answer the Following Questions

1. On this scale, have you rated yourself at 2 or greater on symptoms 1-6?

Yes\_\_\_\_\_ No\_\_\_\_\_

2. Are you free from drug abuse and/or health problems that might cause anxiety?

Yes\_\_\_\_\_ No\_\_\_\_\_

If you answered **yes** to these questions, you may be suffering from Social Anxiety. (DSM IV-TR-APA) Your physician or other mental health professional will review your answers, take a medical history, and do a mental status examination in order to determine your diagnosis. If you have Social Anxiety, there are a number of treatments including medications and psychotherapy that can help improve your symptoms.

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