

# SPIN

name \_\_\_\_\_

date \_\_\_\_\_

beside each statement below, please tick the box that best describes how you have been feeling during the last week or other agreed time period:

		<b>0: not at all</b>	<b>1: a little bit</b>	<b>2: some -what</b>	<b>3: very much</b>	<b>4: extre -mely</b>
<b>1</b>	I am afraid of people in authority					
<b>2</b>	I am bothered by blushing in front of people					
<b>3</b>	parties and social events scare me					
<b>4</b>	I avoid talking to people I don't know					
<b>5</b>	being criticized scares me a lot					
<b>6</b>	I avoid doing things or speaking to people for fear of embarrassment					
<b>7</b>	sweating in front of people causes me distress					
<b>8</b>	I avoid going to parties					
<b>9</b>	I avoid activities in which I am the centre of attention					
<b>10</b>	talking to strangers scares me					
<b>11</b>	I avoid having to give speeches					
<b>12</b>	I would do anything to avoid being criticized					
<b>13</b>	heart palpitations bother me when I am around people					
<b>14</b>	I am afraid of doing things when people might be watching					
<b>15</b>	being embarrassed or looking stupid are among my worse fears					
<b>16</b>	I avoid speaking to anyone in authority					
<b>17</b>	trembling or shaking in front of others is distressing to me					

**total score =**

# ***SPIN***

as a rough rule of thumb, SPIN scores indicate the following levels of social anxiety:

<i>&lt; 20</i>	<i>20's</i>	<i>30's</i>	<i>40's</i>	<i>50's</i>
none	mild	moderate	severe	very severe

note that the IAPT 2011 data handbook recommends a cut-off score of 18 or less on the SPIN to qualify as in the normal range for social anxiety disorder

average outcomes in a major research trial using paroxetine were:

	fear	avoidance	physiological	total
baseline	<i>15.3</i>	<i>19.9</i>	<i>7.8</i>	<i>43</i>
end-point	<i>10.0</i>	<i>13.3</i>	<i>4.0</i>	<i>27.4</i>

it is suggested that a 50% reduction in SPIN score correlates with a "clinical response":

improvement level	minimal	much	very much
% SPIN reduction	<i>35</i>	<i>53</i>	<i>60</i>