

Kutcher Generalized Social Anxiety Disorder Scale for Adolescents (K-GSADS-A)

Section A: Fear and Avoidance

Scoring: 0 = Never; 1 = Mild; 2 = Moderate; 3 = Severe/Total Avoidance

	Item	Discomfort, Anxiety, Distress (0-3)	Avoidance (0-3)
1	Initiating conversation with a member of the opposite sex		
2	Attending a party or other social gathering with people you don't know very well		
3	Speaking up, answering questions in class/participating in class discussions		
4	Presenting in front of a small group or in a classroom setting		
5	Attending overnight group activities such as camps, school trips, etc.		
6	Speaking to a store clerk, bank teller, etc.		
7	Asking a stranger for directions		
8	Changing in a common locker room		
9	Showering in a common shower room		
10	Using a public toilet facility or urinating in public (score whatever is greater)		
11	Telephoning to ask for information or to speak to someone you don't know very well (score whatever is greater)		
12	Entering a classroom or social group once the class or activity is already underway		
13	Initiating conversation with strangers		
14	Speaking with authority figures: i.e. teachers, counselor, principal, police officers, clergy, physician, etc.		
15	Eating in public		
16	Going to a party alone		
17	Asking someone for a date		
18	Writing your name in public		

Section B: Fear/Avoidance - Seminal Items

What are your three most feared social situations and how strong is the fear/avoidance of each

Scoring: 0 = Never; 1 = Mild; 2 = Moderate; 3 = Severe/Total Avoidance

	Fear	Avoidance (0-3)
1		
2		
3		

Section C: Distress Quotient

In general, how strongly do these items occur to you in most social situations? Scoring: 0 = Never; 1 = Mild; 2 = Moderate; 3 = Severe/Total Avoidance

	Item	Score (0 - 3)
1	Feeling embarrassed or humiliated	
2	Feeling 'centered out', scrutinized by others	
3	Feeling judged or critically evaluated by others	
4	Wanting to leave the social situation	
5	Anxious anticipation of social situation	
6	Experiences a panic attack	
7	Blushes	
8	Sweats or hot/cold flashes	
9	Urination urges	
10	Gastrointestinal distress	
11	Trembling or shaking	