

Shyness Scale (SS)

Directions: Below are fourteen statements that people sometimes make about themselves. Please indicate whether or not you believe each statement applies to you by marking whether you:

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- _____ 1. I am a shy person.
- _____ 2. Other people think I talk a lot.
- _____ 3. I am a very talkative person.
- _____ 4. Other people think I am shy.
- _____ 5. I talk a lot.
- _____ 6. I tend to be very quiet in class.
- _____ 7. I don't talk much.
- _____ 8. I talk more than most people.
- _____ 9. I am a quiet person.
- _____ 10. I talk more in a small group (3-6) than others do.
- _____ 11. Most people talk more than I do.
- _____ 12. Other people think I am very quiet.
- _____ 13. I talk more in class than most people do.
- _____ 14. Most people are more shy than I am.

Please score your responses as follows:

- Step 1. Add the scores for items 1, 4, 6, 7, 9, 11, and 12.
- Step 2. Add the scores for items 2, 3, 5, 8, 10, 13, and 14.
- Step 3. Complete the following formula:

Shyness = 42 + Total of Step 2 – Total of Step 1.

Your score should be between 14 and 20. Scores above 52 indicate a high level of shyness. Scores below 32 indicate a low level of shyness. Scores between 32 and 52 indicate a moderate level of shyness.

Source:

Richmond, V. P., & McCroskey, J. C. (1998). *Communication apprehension, avoidance and effectiveness* b (5th Ed.). Boston: Allyn & Bacon.