NSPS

name _____

date _____

For each of the 27 items listed below, consider the following statement: *"In social situations (in which I feel anxious), it will become obvious to other people that I am _____ (fill in the blank with each of the 27 listed items in turn)".* Using the spaces to the right of each item, please tick the box which indicates how much you are concerned about that item becoming obvious to others when you are in anxiety-provoking social situations (e.g. talking to someone who is a stranger; giving a speech in front of an audience; answering a question in class; etc.).

	how concerned are you?	*1: not at all*	*2: slightly*	*3: mod-erately*	*4: very*	*5: extre-mely*
1	stuttering (sa)					
2	poorly dressed (pa)					
3	boring (sc)					
4	sweating (sa)					
5	physically unattractive (pa)					
6	losing control of my emotions (sa)					
7	blushing (sa)					
8	speaking with a trembling voice (sa)					
9	blemished (my appearance) (pa)					
10	interpersonally ineffective (sc)					
11	weird looking (pa)					
12	lacking personality (sc)					
13	fat (pa)					
14	unable to express myself (sc)					
15	twitching (e.g. facial muscles) sa					
16	frozen (sa)					
17	humorless (sc)					

	how concerned are you?	1: not at all	2: slightly	3: mod-erately	4: very	5. extre-mely
18	reserved (sc)					
19	aloof (sc)					
20	stupid (sc)					
21	socially awkward (sc)					
22	having a bad hair day (pa)					
23	speaking incoherently (sc)					
24	lacking social skills (sc)					
25	fidgeting (sa)					
26	unfashionable (pa)					
27	ugly (pa)					

The NSPS total score is the sum score of all items. Each subscale can also be summed separately to obtain data on the relative strength of self-portrayal concerns across the different dimensions.

social competence =   ; physical appearance =   ; signs of anxiety =
number of items: 11   8   8
negative self-portrayal scale (nsps) total score =

The table below gives average scores (plus standard deviations) for a group of 194 participants.

	SAD without depression	SAD with depression	anxious without SAD	anxious with additional SAD	healthy controls
competence	35.0 (9.7)	38.0 (10.5)	26.4 (13.3)	32.6 (7.8)	19.4 (7.6)
appearance	21.7 (7.1)	25.0 (8.0)	19.3 (10.4)	22.3 (8.8)	14.4(6.7)
anxiety signs	23.7 (6.9)	22.4 (7.7)	17.9 (7.0)	20.1 (5.8)	13.8 (5.5)
NSPS total	**81.0 (20.2)**	**85.3 (22.5)**	**64.3 (28.6)**	**74.5 (18.9)**	**47.0 (25.3)**

Moscovitch, D. A. and V. Huyder (2011). *"The negative self-portrayal scale: Development, validation, and application to social anxiety."* Behavior Therapy 42(2): 183-196.

Moscovitch, D. A., K. Rowa, et al. (2013). *"Self-portrayal concerns and their relation to safety behaviors and negative affect in social anxiety disorder."* Behaviour Research and Therapy 51(8): 476-486