

## MMPI Profiles of Shyness in Clinic Patients

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**Shyness occurs in upwards of 49% of the population, becoming disabling in 13% or more. Clinical observation suggests that individuals seeking treatment for shyness are in significantly greater distress than the general population, showing greater depression, generalized anxiety, social avoidance, interpersonal sensitivity, and shame, than is indicated by early studies. We used the MMPI, a well-known clinical and research instrument, to substantiate our observations. Results confirmed hypotheses. Males scored higher than females in a slightly different profile configuration.**