

Abstract

Background: Research has shown that self-blame, private self-consciousness, shame, and resentment are core cognitive and affective components of clinically significant chronic shyness (Henderson and Zimbardo, 2001).

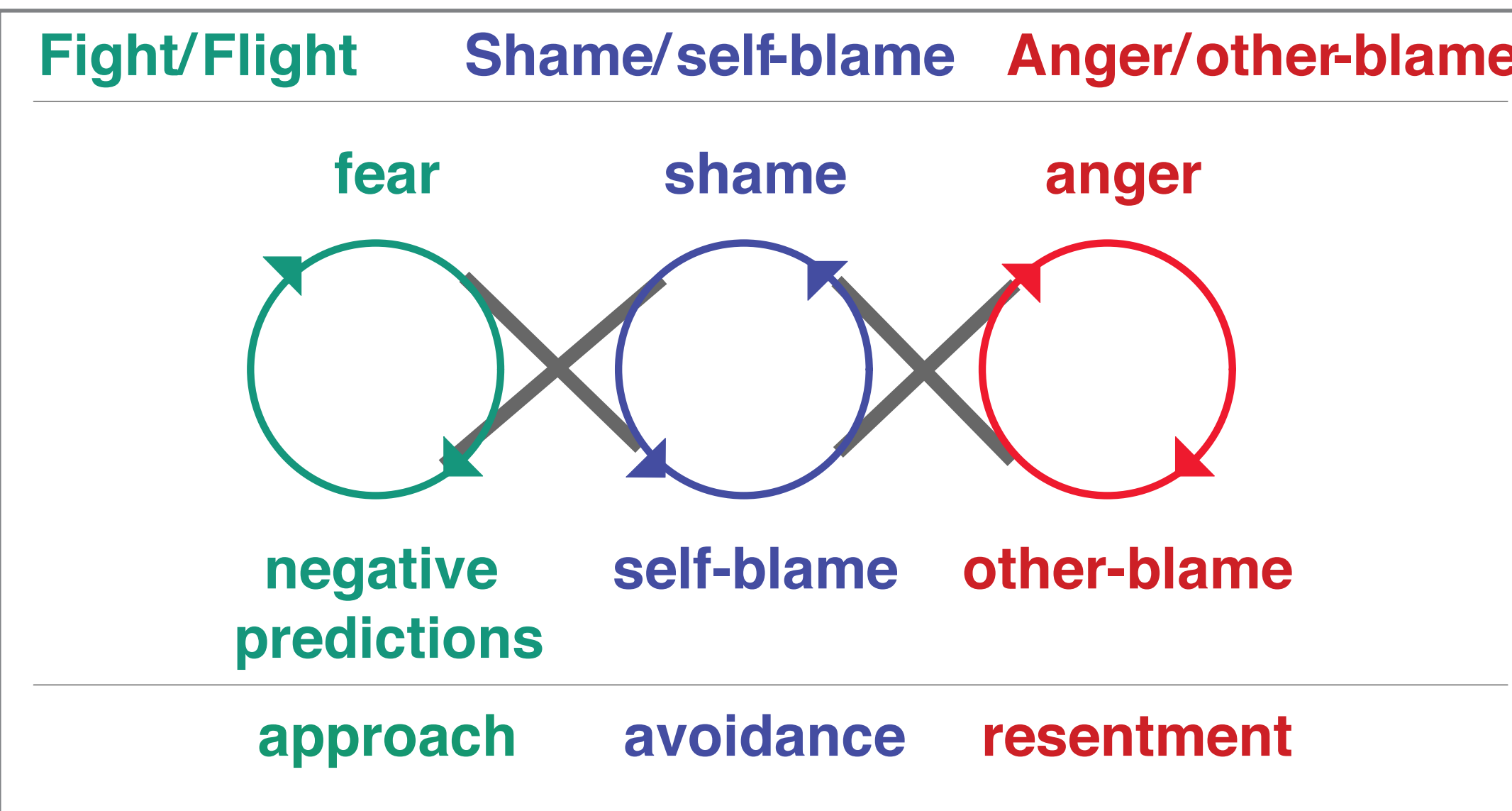
New scale: We have developed a new scale to measure these various dimensions of chronic shyness and collected data on our shyness clinic sample, several college student samples and a sample of 3500 web site respondents.

Findings: Chronbach's Alpha for six samples was between .92 and .93. Evidence for concurrent and discriminant validity is reported in terms of correlations with relevant sub-scales of the Inventory of Interpersonal Problems (IIP) and Locke's Circumplex Scale of Interpersonal Values.

Contribution: The value of this new measure for research on chronic shyness is elaborated within the framework of a social fitness model and previous research on interpersonal problems.

Social Fitness

Just like physical fitness, Social Fitness (Henderson, 1994) implies a state of physiological, behavioral, emotional and mental conditioning that results in adaptive functioning and a sense of well-being. It implies satisfying interpersonal relationships, adequate emotion regulation, the proactive pursuit of personal and professional goals, and an adaptive cognitive style. Social fitness addresses both needs for emotional connection (communion) and needs for agency (influence/control). As with an individual who desires physical fitness and thereby plays sport, works out, exercises, etc., a socially fit individual is involved in frequent social exercise through meeting new people, and maintaining and cultivating close relationships with others.



The ShyQ: A measure of chronic shyness

Associations with interpersonal problems and interpersonal values

	Mean	Standard Deviation
• Website respondents	3.6	.6
• Stanford University Psychology students	2.5	.6
• Shyness Clinic sample	3.6	.6

Reliability

- Internal Consistency: Cronbach's Alpha for six samples between .92 and .93
- Test-Retest reliability: (N=31) correlation of .87 (Test-retest 2 weeks apart)

Convergent validity: normative samples

- Revised Cheek and Buss Scale (RCBS; Melchior & Cheek, 1990):
Correlation in college samples: between .6 and .67
- Circumplex scales of interpersonal values (Locke, K.D., 2000):
Putting others' needs first: .53
Avoiding social humiliation: .42
Avoiding anger: .39
Feeling connected to others: .22

Discriminant validity: normative samples

- No correlations found with: Valuing forcefulness, Having the upper hand, Seeking revenge, or Having an impact.

Convergent Validity (Clinic data)

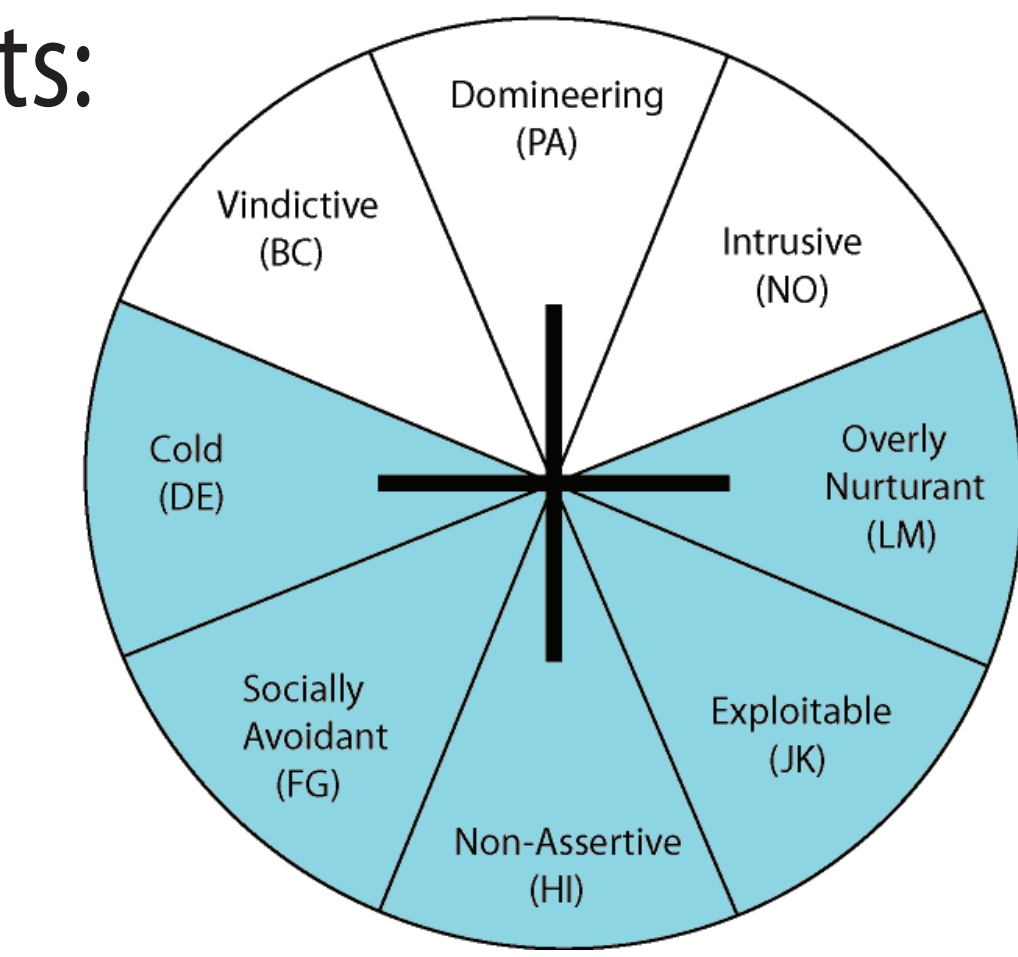
	Correlation	N	p
• BFNE (Brief Fear of Negative Evaluation)	.77	36	.000
• STAXI Anger-in scale	.60	40	.000
• EOS (Estimation of Others; see handout)	.73	40	.000
• EAS (Fearfulness)	.52	40	.001
• Coopersmith Self-Esteem	-.67	39	.000
• PFQ (Trait Shame)	.75	40	.000
• PRSC (Inner focus)	.55	40	.000
• BDI	.56	40	.000
• HSP (Highly Sensitive)	.49	40	.001
• Tosca Shame	.80	36	.000
• RCBS (Revised Cheek and Buss Scale)	.74	39	.000

Demographics and Diagnosis

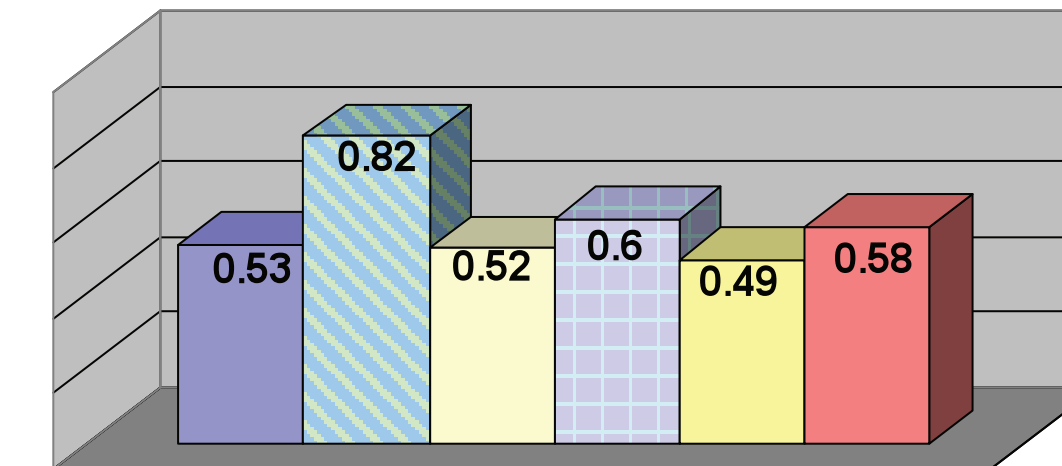
- Age range: 19-65 years (mean = 35.4)
- Gender: male: 62%, female: 38%
- SAD: 94%
- APD: 70% (Millon)

Inventory of Interpersonal Problems

(IIP, Horowitz, et al, 1988) Clinically shy individuals report problems in the following highlighted octants:

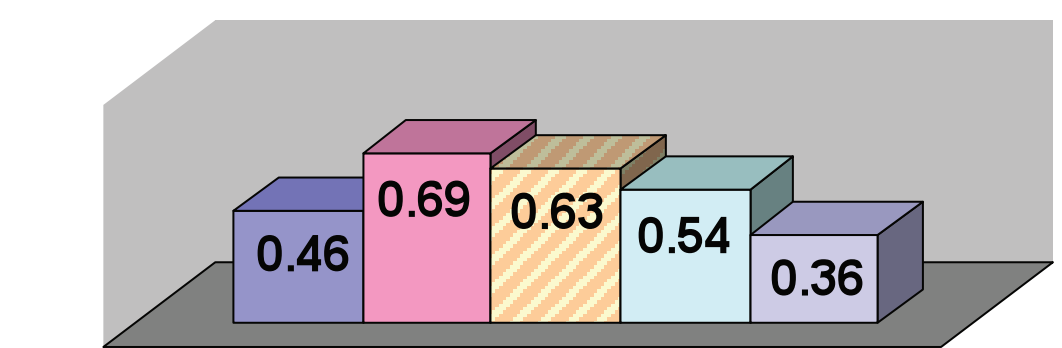


ShyQ correlations with IIP scales: Clinic Sample



Discriminant validity: In clinic sample, ShyQ is not associated with domineering/controlling (PA) or being intrusive/needy (NO).

ShyQ correlations with IIP scales: Student Sample



Discriminant validity: In student sample, ShyQ is not associated with domineering/controlling (PA), vindictive/self-centered (BC) or being intrusive/needy (NO).

ShyQ

Please indicate, for each of the statements below, how characteristic the statement is of you, that is, how much it reflects what you typically think, feel and do.

1. Not at all characteristic 2. Somewhat 3. Moderately 4. Very 5. Extremely characteristic

- 1__ I am afraid of looking foolish in social situations.
- 2__ I often feel insecure in social situations.
- 3__ Other people appear to have more fun in social situations than I do.
- 4__ If someone rejects me I assume that I have done something wrong.
- 5__ It is hard for me to approach people who are having a conversation.
- 6__ I feel lonely a good deal of the time.
- 7__ I tend to be more critical of other people than I appear to be.
- 8__ It is hard for me to say "no" to unreasonable requests.
- 9__ I do more than my share on projects because I can't say no.
- 10__ I find it easy to ask for what I want from other people.
- 11__ I do not let others know I am frustrated or angry.
- 12__ I find it hard to ask someone for a date.
- 13__ It is hard for me to express my feelings to others.
- 14__ I tend to be suspicious of other people's intentions towards me.
- 15__ I am bothered when others make demands on me.
- 16__ It is easy for me to sit back in a group discussion and observe rather than participate.
- 17__ I find myself being unable to enter new social situations without feeling rejection or not being noticed.
- 18__ I worry about being a burden on others.
- 19__ Personal questions from others make me feel anxious.
- 20__ I let others take advantage of me.
- 21__ I judge myself negatively when I think others have negative reactions to me.
- 22__ I try to figure out what is expected in a given situation and then act that way.
- 23__ I feel embarrassed when I look or seem different from other people.
- 24__ I am disappointed in myself.
- 25__ I blame myself when things do not go the way I want them to.
- 26__ I sometimes feel ashamed after social situations.
- 27__ I am usually aware of my feelings, even if I do not know what prompted them.
- 28__ I am frequently concerned about others approval.
- 29__ I like taking risks in social situations.
- 30__ If someone is critical of me I am likely to assume that they are having a bad day.
- 31__ If I let people know too much about me they will gossip about me.
- 32__ I think it is important to please others.
- 33__ People feel superior when someone is socially anxious.
- 34__ I spend a lot of time thinking about my social performance after I spend time with people.
- 35__ I am satisfied with my level of social support.