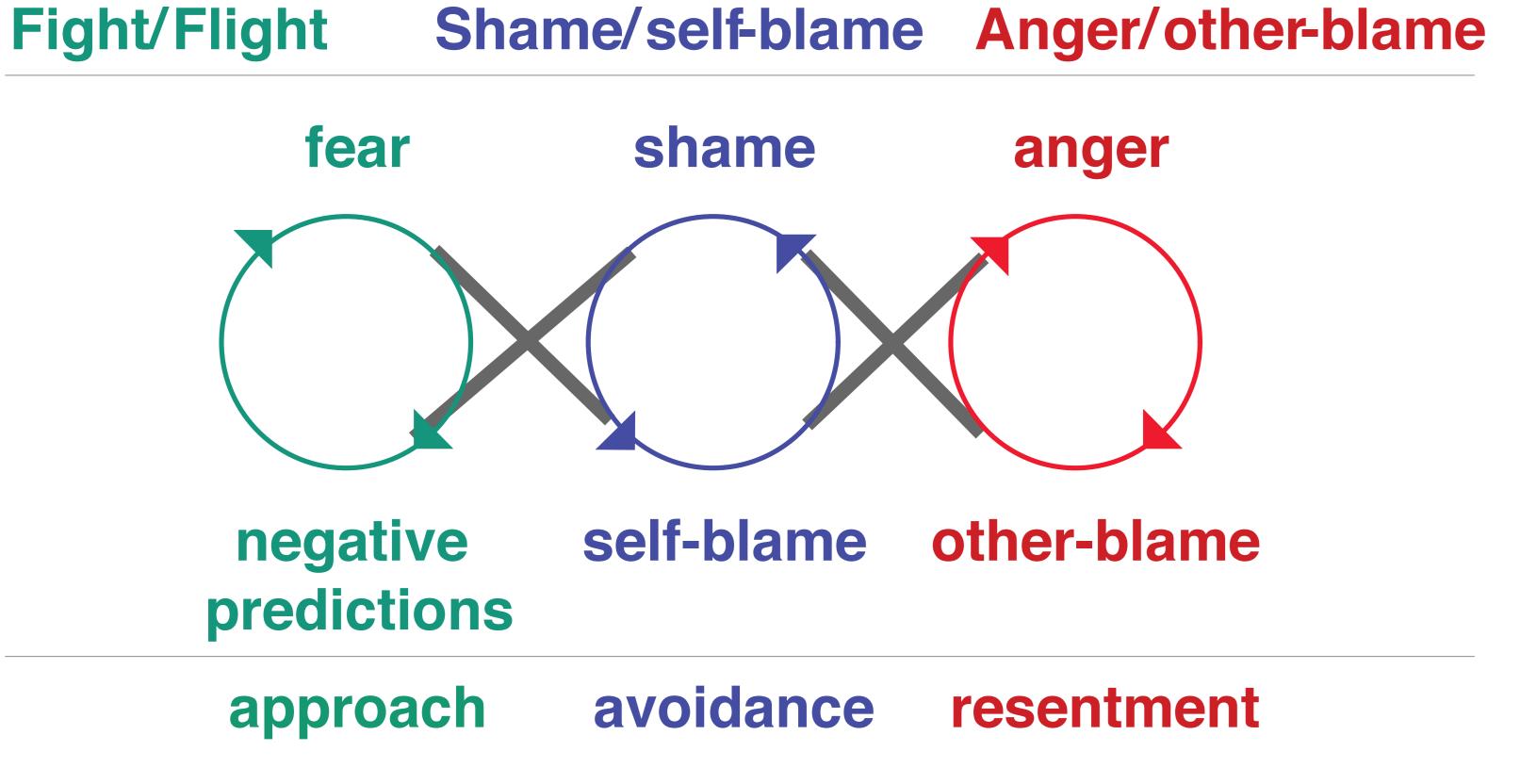
Abstract

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, 2002).

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. ShyQ scores are significantly reduced in treatment.

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.



Viscious Cycles of Shyness

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

Lynne Henderson, Philip Zimbardo: The Shyness Institute

Samples (rating scale: 1-5) Standard Deviation Website respondents Stanford University Psychology students Shyness Clinic sample

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: Avoiding social humiliation: Avoiding anger: Feeling connected to others:

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	Ν	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

Change in Treatment Post-test 3.6 (.6) ShyQ mean (sd)

- An internalizing coping style is a positive predictor of outcome scores;
- A flexible coping style is an additive predictor (Beutler, 2009).

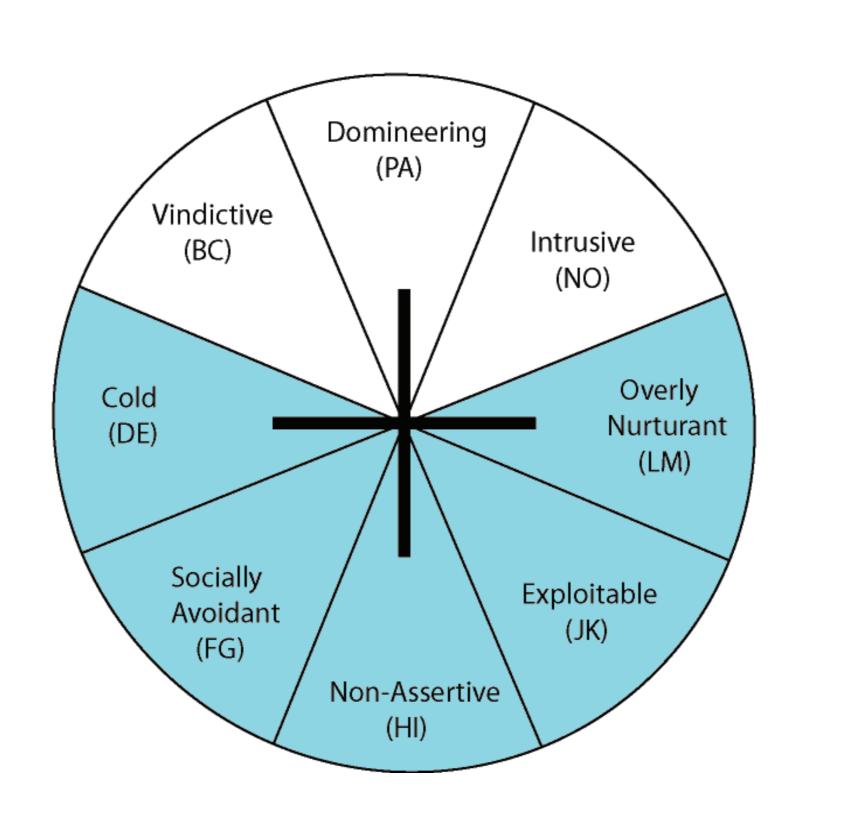
Demographics and Diagnosis

• Age range: 19-65 years (mean = 35.4) male: 62%, female: 38%

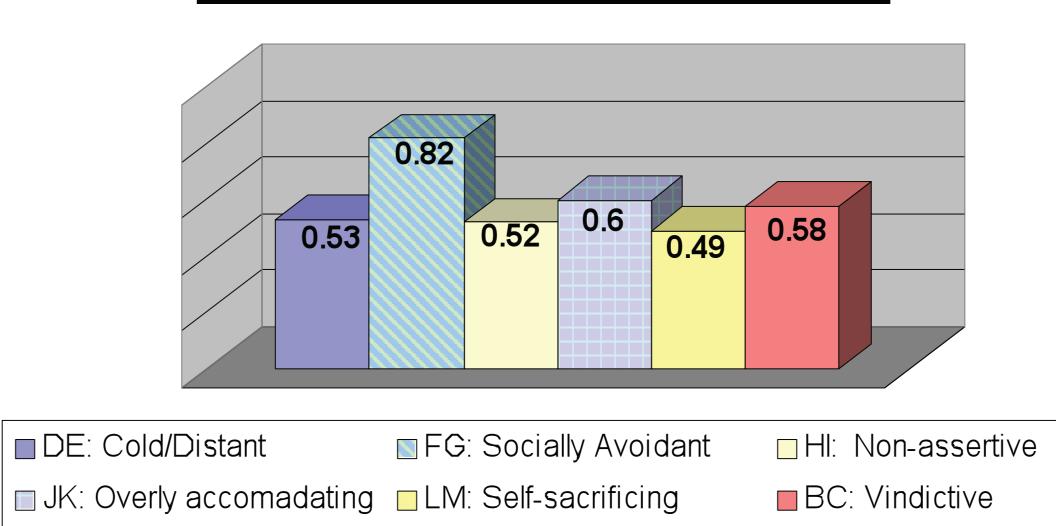
• SAD: APD: 70% (Millon)

Inventory of Interpersonal Problems

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

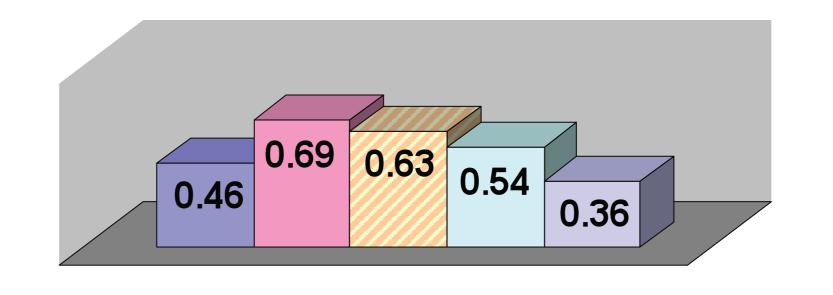


ShyQ correlations with IIP scales: Clinic Sample



Discriminant validity: In clinic sample, ShyQ is not associated with omineering/controllong(PA) or being intrusive/needy

ShyQ correlations with IIP scales: Student Sample



IIP subscales

■ FG: Socially Avoidant JK: Overly accomadating LM: Self-sacrificing

Discriminant validity: In student sample, ShyQ is not associated with omineering/controllong(PA), vindictive/slefcentered (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

- ___I am afraid of looking foolish in social situations.
- 2 I often feel insecure in social situations.
- Other people appear to have more fun in social situations that I do.
- ___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.
- ___I tend to be more critical of other people than I appear to be.
- It is hard for me to say "no" to unreasonable requests.
- ___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. (RS: reverse scored)
- 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. (RS)
- 30__If someone is critical of me I am likely to assume that they are having a bad day. (RS)
- 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
- 35__I am satisfied with my level of social support. (RS)

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