The ShyQ: A measure of chronic shyness

Social Fitness

Just like physical fitness, Social Fitness (Henderson,1994) implies a state of physiological, emotional, and mental conditioning that results in adaptive functioning and a sense of well-being. It implies satisfaction with one's level of social support.

The ShyQ: A measure of chronic shyness

Associations with interpersonal problems and interpersonal values

Lynne Henderson, Philip Zimbardo: The Shyness Institute

Convergent Validity (Clinic data)  Correlation     N   p
• BPFN (Brief Fear of Negative Evaluation)  .77  36  .000
• STAXI Anger-in scale  .60  40  .000
• ESS (Estimation Of Others: See handout)  .73  40  .000
• EAS (Fearlessness)  .62  40  .000
• Cooperminth 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  .000
• Tosca Shame  .80  36  .000
• RCBS (Revised Cheek and Buss Scale)  .74  39  .000

Discriminant validity: In clinic sample, ShyQ is not associated with omineering/controlling(9%) or being intrusive/needy(9%).

References