

QUESTIONNAIRE

THE 11-ITEM SCALE

STATEMENT	NEVER	SOMETIMES	USUALLY	ALWAYS
1. I am usually very nervous.				
2. I am usually very shy.				
3. I am usually very self-conscious.				
4. I am usually very timid.				
5. I am usually very nervous.				
6. I am usually very shy.				
7. I am usually very self-conscious.				
8. I am usually very timid.				
9. I am usually very nervous.				
10. I am usually very shy.				
11. I am usually very self-conscious.				

- 1. I am usually very nervous.
- 2. I am usually very shy.
- 3. I am usually very self-conscious.
- 4. I am usually very timid.
- 5. I am usually very nervous.
- 6. I am usually very shy.
- 7. I am usually very self-conscious.
- 8. I am usually very timid.
- 9. I am usually very nervous.
- 10. I am usually very shy.
- 11. I am usually very self-conscious.