

Social Avoidance and Distress Scale (SADS)

Patient information	
Name:	
Date of birth:	
Gender:	Male Female Prefer not to say
Date of assessment:	
Assessment information	
Assessment:	
Date administered:	
Assessor:	
Time taken:	
Results	
	Value
Total score:	
Percentile:	
Interpretive text	
<p>High Range. This individual is likely to engage in social avoidance due to distress. High scorers on the SADS are likely to have low self confidence, low need for social affiliation, low need for dominance and a high need for deference.</p>	
Scoring and interpretation information	
<p>Scores consist of total raw score (from 0 to 28) and a percentile rank based on Watson and Friend's validation sample. The overall mean for this sample was 9.11 and the standard deviation 8.01, although it should be noted that there was a strong positive skew in results. This, combined with the fact that the sample were university students, means that percentiles should be interpreted with caution. Watson & Friend divided their sample into high, average and low scorers as follows:</p> <ul style="list-style-type: none">• Low 0 or 1.• Average 2 to 11.• High 12 and up. <p>Generally the lower scores on the SAD are considered to be most adaptive because they are associated with self-esteem and social engagement, however, individuals who score very low on the SAD have been shown to have a higher need for social control and dominance (Geist & Borecki, 1982). Thus, very low scorers maybe resistant to prosocial activities. Higher scorers on the SADS have lower self confidence, lower need for social affiliation, low need for dominance and a high need for deference.</p>	

Client responses	True	False
1. I feel relaxed even in unfamiliar social situations.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
2. I try to avoid situations, which force me to be very sociable.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
3. It is easy for me to relax when I am with strangers.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
4. I have no particular desire to avoid people.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
5. I often find social occasions upsetting.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
6. I usually feel calm and comfortable at social occasions.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
7. I am usually at ease when talking to someone of the opposite sex.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
8. I try to avoid talking to people unless I know them well.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
9. If the chance comes to meet new people, I often take it	<input type="checkbox"/> 0	<input type="checkbox"/> 1
10. I often feel nervous or tense in casual get-togethers in which both sexes are present.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
11. I am usually nervous with people unless I know them well.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
12. I usually feel relaxed when I am with a group of people.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
13. I often want to get away from people.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
14. I usually feel uncomfortable when I am in a group of people I don't know.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
15. I usually feel relaxed when I meet someone for the first time.	<input type="checkbox"/> 0	<input type="checkbox"/> 1

Client responses	True	False
16. Being introduced to people makes me tense and nervous.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
17. Even though a room is full of strangers, I may enter it anyway.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
18. I would avoid walking up and joining a large group of people.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
19. When my superiors want to talk with me, I talk willingly.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
20. I often feel on edge when I am with a group of people.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
21. I tend to withdraw from people.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
22. I don't mind talking to people at parties or social gatherings.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
23. I am seldom at ease in a large group of people.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
24. I often think of excuses in order to avoid social engagements.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
25. I sometimes take the responsibility for introducing people to each other.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
26. I try to avoid formal social occasions.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
27. I usually go to whatever social engagements I have.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
28. I find it easy to relax with other people.	<input type="checkbox"/> 0	<input type="checkbox"/> 1

References

Geist and Hamrick, (1983) Journal of Clinical Psychology, September. 1983, Vol. 39, No. 5

NovoPsych. (2021, March). Social Avoidance and Distress Scale (SADS).

NovoPsych. <https://novopsych.com.au/assessments/diagnosis/social-avoidance-and-distress-scale-sads/#:~:text=Scores%20consist%20of%20total%20raw>