Brief Liebowitz Social Anxiety Scale (Brief LSAS-J)

This measure assesses the role of social phobia in your life across scenarios in the physical community. Read each situation carefully and answer two questions about it; the first question asks the level of anxiety or fear you feel in a situation; the second question asks the frequency with which you avoid it. If you encounter a situation that you ordinarily do not experience, we ask that you imagine "what if you were faced with that situation" and then rate the degree to which you would fear this hypothetical situation and how often you would tend to avoid it (using the scale from 0 to 3 below). Please base your ratings on the effect of such situations on you in the last week.

fear or anxiety: none (0), mild (1), moderate (2), and severe (3)
avoidance: never (0%), occasionally (1%–33%), often (33%–67%), and usually (67%–100%).

1. Participating in a small group activity
2. Talking to a popular person
3. Acting, performing, or speaking in front of an audience
4. Going to a party
5. Calling someone you don't know very well
6. Talking face-to-face with someone you don't know very well
7. Meeting strangers
8. Entering a room when others are already seated
9. Being the center of attention

10. Speaking up at a meeting

11. Expressing disagreement with or disapproval of someone you don't know very well

12. Giving a prepared oral talk to a group

13. Trying to make someone's acquaintance for the purpose of a romantic/sexual relationship

14. Hosting a party

Brief Online Liebowitz Social Anxiety Scale (Brief online LSAS-J)

This measure assesses the role of social phobia in your life across situations on Pigg Party. Read each situation carefully and answer two questions about it; the first question asks about the level of anxiety or fear that you feel in the situation; the second question asks how often one should avoid it. If you come across a situation that you ordinarily do not experience, we ask that you imagine "what if you were faced with that situation" and rate the degree to which you would fear this hypothetical situation and how frequently you would tend to avoid it (using the scale from 0 to 3 below). Please base your ratings on the influence of these situations on you in the last week.

fear or anxiety: none (0), mild (1), moderate (2), and severe (3)
avoidance: never (0%), occasionally (1%–33%), often (33%–67%), and usually (67%–100%).

1. Participating in a small group activity on Pigg Party

2. Talking to a popular person on Pigg Party

3. Acting, performing, or speaking in front of an audience on Pigg Party

4. Going to a party on Pigg Party

5. Talking privately to someone you don't know very well on Pigg Party

6. Talking face-to-face with someone you don't know very well on Pigg Party

7. Meeting strangers on Pigg Party

8. Entering a room when others are already seated on Pigg Party

9. Being the center of attention on Pigg Party

10. Speaking up at a meeting on Pigg Party

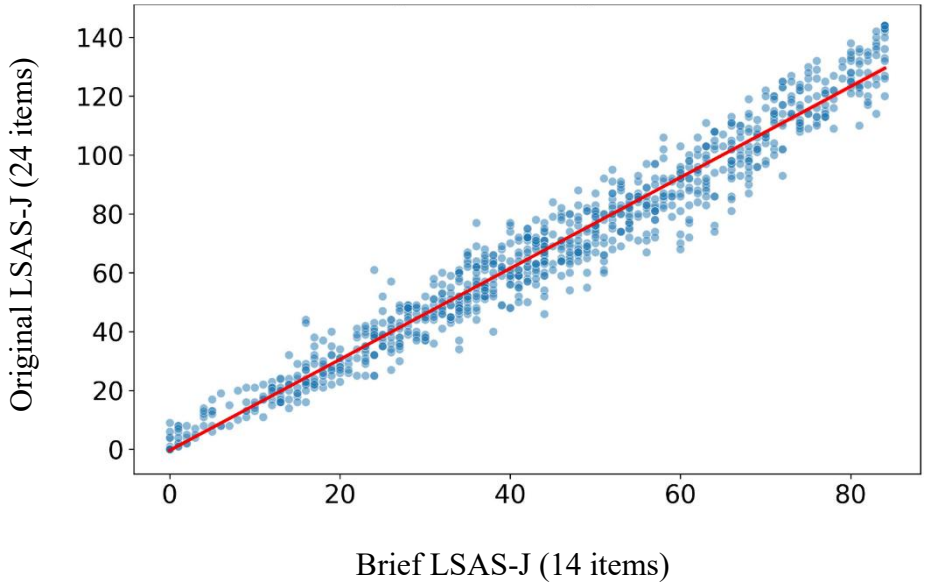
11. Expressing disagreement with or disapproval of someone you don't know very well on Pigg Party

12. Giving a prepared oral talk to a group on Pigg Party

13. Trying to make someone's acquaintance for the purpose of a romantic/sexual relationship on Pigg Party

14. Hosting a party on Pigg Party

As illustrated in Supplementary Figure 2, we confirmed that the 14-item brief version of the LSAS fully reflected the results obtained from the original 24-item version.



Supplementary Figure 2. Scatter plots between the brief LSAS-J and original LSAS-J. Regression analysis using the brief LSAS-J as the independent variable and the original LSAS-J as the dependent variable yielded a slope of 1.54 (t = 154.19, $p < 0.001$) and an adjusted R^2 value of 0.96. LSAS-J: Liebowitz Social Anxiety Scale, Japanese version.

When using the above questionnaires, please cite the following paper:

Yokotani, K., Takano, M., Abe, N., & Kato, T. A. (2025). Improving social anxiety in lesbian, gay, bisexual, transgender, questioning, intersex and asexual individuals through avatar customization and communication. Asian Journal of Social Psychology, 28(1), e12666.

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