

DAS-A*

This is not a test; there are no right or wrong answers. Please answer each item as honestly as you can. Read each item carefully, and decide how much the statement is characteristic or true of you.

Show HOW MUCH something is true of you, by using the following scale:

- 1 = Not at all characteristic of me
- 2 = Slightly characteristic of me
- 3 = Moderately characteristic of me
- 4 = Very characteristic of me
- 5 = Extremely characteristic of me

-
1. I am usually nervous going on a date with someone for the first time..... 1 2 3 4 5
 2. I am often afraid that I may look silly or foolish while on a date..... 1 2 3 4 5
 3. I worry that I may not be attractive to people of the opposite sex..... 1 2 3 4 5
 4. It takes me a long time to feel comfortable when I am in a group of both males and females..... 1 2 3 4 5
 5. I enjoy dating..... 1 2 3 4 5
 6. I am usually worried about what kind of impression I make while on a date..... 1 2 3 4 5
 7. It is difficult for me to relax when I am with a member of the opposite sex who I do not know very well..... 1 2 3 4 5
 8. I think I am too concerned with what members of the opposite sex think of me..... 1 2 3 4 5
 9. I feel nervous in dating situations..... 1 2 3 4 5
 10. I often feel nervous when talking to an attractive member of the opposite sex..... 1 2 3 4 5
 11. I love to go to parties..... 1 2 3 4 5
 12. I tend to be quieter than usual when I'm with group of both males and females..... 1 2 3 4 5
 13. I feel tense when I'm on a date with someone I don't know very well..... 1 2 3 4 5
 14. I often worry that the person I have a crush on won't think very much of me..... 1 2 3 4 5
 15. I love meeting new people..... 1 2 3 4 5
 16. I often feel nervous or tense in casual get-togethers in which both guys and girls are present..... 1 2 3 4 5
 17. I am concerned when I think that a date is forming a negative impression of me..... 1 2 3 4 5

Show **HOW MUCH** something is true of you, by using the following scale:

- 1 = Not at all characteristic of me**
- 2 = Slightly characteristic of me**
- 3 = Moderately characteristic of me**
- 4 = Very characteristic of me**
- 5 = Extremely characteristic of me**

-
-
- | | | | | | |
|---|---|---|---|---|---|
| 18. I feel confident in dating situations..... | 1 | 2 | 3 | 4 | 5 |
| 19. I become tense and jittery when I feel that someone of the opposite sex is checking me out..... | 1 | 2 | 3 | 4 | 5 |
| 20. I am frequently afraid that the person I have a crush on will notice my flaws..... | 1 | 2 | 3 | 4 | 5 |
| 21. Parties often make me anxious and uncomfortable..... | 1 | 2 | 3 | 4 | 5 |
| 22. I often worry about what kind of impression I am making on members of the opposite sex..... | 1 | 2 | 3 | 4 | 5 |
| 23. I am afraid that the person I am dating will find fault with me..... | 1 | 2 | 3 | 4 | 5 |
| 24. I am more shy with someone of the opposite sex..... | 1 | 2 | 3 | 4 | 5 |
| 25. I think that most people find me to be attractive..... | 1 | 2 | 3 | 4 | 5 |
| 26. I worry what my date will think of me even when I know it doesn't make any difference..... | 1 | 2 | 3 | 4 | 5 |
-
-

*The DAS-A is a copyrighted scale and may not be used without the express, written permission of the authors:
Alissa R. Glickman and Annette M. La Greca.

DAS-A and psychometric data are available in:

Glickman, A.R. & La Greca, A.M. (2004). The Dating Anxiety Scale for Adolescents: Scale Development and Associations With Adolescent Functioning. *Journal of Clinical Child and Adolescent Psychology*, 33, 566-578.

Scoring

Fear of Negative Evaluation – Dating: Sum of items 2, 3, 6, 8, 14, 17, 20, 22, 23 and 26.

Social Distress – Dating: Sum of items 1, 7, 9, 10, 13, 19, and 24.

Social Distress – Group: Sum of items 4, 12, 16, and 21.

Total DAS-A: Sum of the three above subscales.

Filler Items (not used in scoring): Items 5, 11, 15, 18, and 25.