

Instrument Title: Brief Fear of Negative Evaluation Scale  
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Cite instrument as: Leary, M. R.. (2013) . Brief Fear of Negative Evaluation Scale . Measurement Instrument Database for the Social Science. Retrieved from [www.midss.ie](http://www.midss.ie)



## Brief Fear of Negative Evaluation Scale Leary (1983)

Read each of the following statements carefully and indicate how characteristic it is of you according to 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 worry about what other people will think of me even when I know it doesn't make any difference.
- \_\_\_\_\_ 2. I am unconcerned even if I know people are forming an unfavorable impression of me.
- \_\_\_\_\_ 3. I am frequently afraid of other people noticing my shortcomings.
- \_\_\_\_\_ 4. I rarely worry about what kind of impression I am making on someone.
- \_\_\_\_\_ 5. I am afraid others will not approve of me.
- \_\_\_\_\_ 6. I am afraid that people will find fault with me.
- \_\_\_\_\_ 7. Other people's opinions of me do not bother me.
- \_\_\_\_\_ 8. When I am talking to someone, I worry about what they may be thinking about me.
- \_\_\_\_\_ 9. I am usually worried about what kind of impression I make.
- \_\_\_\_\_ 10. If I know someone is judging me, it has little effect on me.
- \_\_\_\_\_ 11. Sometimes I think I am too concerned with what other people think of me.
- \_\_\_\_\_ 12. I often worry that I will say or do the wrong things.

From: Leary, M. R. (1983). A brief version of the Fear of Negative Evaluation Scale. *Personality and Social Psychology Bulletin*, 9, 371-376.