

Social Phobia Inventory Spin Serenity

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~~Social Anxiety: Here's How to Spot the Signs Stop Social Anxiety Hypnotherapy—Suzanne Robichaud, RCH 3 Ways to Beat Social Anxiety! | Kati Morton Social Anxiety Disorder vs Shyness—How to Fix It You Are Affirmations—Overcome Social Anxiety (While You Sleep) Overcome Social Phobia - Hypnosis Session - By Minds in Unison The Key To Overcoming Social Anxiety Bob D. \"Dealing with Resentment\" 12-Step Recovery from Alcoholism 9 Things Social Anxiety Makes Us Do Overcome Social Anxiety Disorder While You Sleep: Hypnosis for Social Phobia | Self Health Hypnosis My 6 TOP Social Anxiety Tips | how i cope Hypnosis To Overcome Social Anxiety - How To Get Over Social Phobia \u0026 Fear How to Easily Overcome Social Anxiety—Prof. Jordan Peterson How To Deal With Social Anxiety | 5 Tips To Overcome Anxiety 8 Signs You Might Have Social Anxiety The CURE for SOCIAL ANXIETY Living with Social Anxiety | my story \u0026 advice 7 Techniques to Overcome Social Anxiety | Causes, Symptoms \u0026 Strategies #PaigePradko,#socialanxiety How to Stop Your Social Anxiety Treatment of Social Anxiety Disorder 7 Signs And Symptoms Of Social Anxiety Disorder Overcome Social Anxiety Using These 3 Techniques (Try This) Curing Kids with Extremem Social Phobias~~

~~How to overcome social Anxiety? || Hindi ||What is SOCIAL PHOBIA INVENTORY? What does SOCIAL PHOBIA INVENTORY mean? CBT, Stoicism \u0026 Overcoming Adversity - Jules Evans Bob D. - AA Speaker - \"Access The Power\" 12-Step Alcoholism Recovery How To Completely Lose Social Anxiety—It's Quite Shocking What is Social Anxiety Disorder? - Health Matters Social Anxiety Disorder (Social Phobia) | Risk Factors, Pathogenesis, Symptoms, Diagnosis, Treatment Social Phobia Inventory Spin Serenity~~

The Social Phobia Inventory (abbreviated as SPIN) is a 17-item questionnaire developed by the Psychiatry and Behavioral Sciences Department at Duke University. It is effective in screening for, and measuring the severity of social anxiety disorder.

Social Phobia Inventory - Psychology Tools

Serenity Programme™ - www.serene.me.uk - Social Phobia Inventory (SPIN) Page 1 of 2. Social Phobia Inventory (SPIN) Identifier Date Please indicate how much the following problems have bothered you during the past week. Mark only one box for each problem, and be sure to answer all items. 0 = Not at all 1 = A little bit 2 = Somewhat 3 = V ery much 4 = Extremely 1 I am afraid of people in authority 2 I am bothered by blushing in front of people 3 ...

Social Phobia Inventory (SPIN) - Psylegal

The Social Phobia Inventory (abbreviated as SPIN) is a 17-item questionnaire for screening and measuring severity of Social Anxiety Disorder (Social Phobia - SP). It was developed in 2000 by Connor et al. at the Psychiatry and Behavioral Sciences Department, Duke University, USA.

Social Phobia Inventory (SPIN) - PsychTools

Social Phobia Inventory (SPIN) Social Phobia Inventory (SPIN) Circle the number that best describes how much the following problems have bothered you during the past week: Not at all A little Moderately A lot Extremely

Social Phobia Inventory (SPIN) - GP Web Solutions

The Social Phobia Inventory (“SPIN”) is a 17-item self-rating for social anxiety disorder (or social phobia). The scale is rated over the past week and includes items assessing each of the symptom domains of social anxiety disorder (fear, avoidance, and physiologic arousal). The SPIN was initially developed because the available self-rated social phobia scales did not assess the spectrum of fear, avoidance, and physiological symptoms, all of which are clinically important.

Social Anxiety | SPIN - Greenspace Mental Health Knowledge ...

A total score of ≥ 19 and associated dysfunction (work, home, or social) suggests a diagnosis of social anxiety disorder, to be confirmed clinically based on the DSM-5 criteria. Social Phobia Inventory (SPIN)

Social Phobia Inventory (SPIN) - Brush Education*

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Because of this limitation, we developed the Social Phobia Inventory (SPIN). Aims: To establish psychometric validation of the SPIN. Method: Subjects from three clinical trials and two control groups were given the 17-item, self-rated SPIN. Validity was assessed against several established measures of social anxiety, global assessments of severity and improvement, and scales assessing physical health and disability.

Psychometric Properties of the Social Phobia Inventory ...

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Social Phobia Inventory Spin Serenity

A cut-off value of 19 may be used to distinguish between clients with and without social phobia. Connor KM et al. Psychometric Properties of the Social Phobia Inventory. The British Journal of Psychiatry (2000) 176: 379-386.

Social Phobia Inventory (SPIN) | Psychiatry & Behavioral ...

Social Phobia - the Social Phobia Inventory (SPIN). Here is a two page handout of the SPIN with some scoring information. Obsessive-compulsive inventory (OCI) - here is a Word version with each question 'tagged' to indicate which subscale it refers to (the hoarding subscale is probably the least helpful).

Handouts & questionnaires for "outcomes toolkit" (IAPT ...

Serenity Programme™ - www.serene.me.uk - Social Phobia Inventory (SPIN) Page 1 of 2 Social Phobia Inventory (SPIN) Identifier Date Please read each statement and select a number 0, 1, 2, 3 or 4 which indicates how much the statement applied to you over the past week. There are no right or wrong answers.

Social Phobia Inventory (SPIN) - Blue Mt. Associates

A SPIN score of 19 distinguished between social phobia subjects and controls. The SPIN was responsive to change in symptoms over time and reflected different responses to active drugs v. placebo. Factorial analysis identified five factors.

Psychometric properties of the Social Phobia Inventory ...

SPIN - Social Phobia Inventory. Description. The SPIN is a 17-item inventory assessing the fear, avoidance, and physiological aspects of social phobia. Special Instructions. Once the patient has submitted it, you may preview it on the uninitialed documents tab in the EMR. However, do not initial it or it won't later be pulled into your MobileNote.

Valant — SPIN - Social Phobia Inventory

The Social Phobia Inventory (SPIN) is a social phobia scale that measures the severity of social phobia (SP), which is often referred to as social anxiety disorder (SAD). This social phobia scale is a 17-item self-rating that asks respondents to indicate how much they have been bothered by 17 symptoms of SA during the preceding week.

SPIN and Mini-SPIN social phobia scale to measure social ...

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SOCIAL PHOBIA INVENTORY (SPIN) - Psychology Tools

It also gives the abstracts of four research studies illustrating how common and troublesome social anxiety can be. SPIN & scoring the Social Phobia Inventory (SPIN) is a widely used, freely available questionnaire for assessing social anxiety disorder. On the second sheet of this download, I give suggestions on how to score the questionnaire.

Handouts & questionnaires for social anxiety | Good Medicine

A short screening for social anxiety disorder is useful in clinical and epidemiological contexts. However, the German version of the short form of the Social Phobia Inventory (mini-SPIN) has not been evaluated yet. Therefore, our aim was to determine reliability, validity and population based norms of the German mini-SPIN.

A book containing hundreds of different recipes to make sausages! From beef, pork, lamb, game, poultry and even fish, the world sausage bible will meet all your requirements!

As the makers of blockbuster movies like *The Birds*, *Jaws* and *Arachnophobia* well know, animal fears are the most commonly reported phobias. Some 6 percent of Americans suffer from diagnosable animal phobia at any given time, and 11 percent will experience an episode at some time in their lives. Nearly three quarters of animal phobia sufferers are women, and most symptoms of animal phobia come on in childhood. Since most people with animal phobias experience panic attacks when they encounter certain animals, these fears can cause victims to lose significant quality of life. Fortunately, specific phobias are among the most responsive of anxiety disorders to behavior therapy, the research-proven treatment adapted for self-help readers in this book. Readers first learn about their phobia, where it comes from, what factors influence it, and how best to prepare for treatment. Then they learn to confront and overcome their animal and insect phobia. These techniques are effective and fast. The book includes information about avoiding relapse and helping someone else who suffers from an animal phobia.

Her devastating marriage behind her, Raylene Hammond is truly thankful for her best friends, the Sweet Magnolias. They've taken her in, shielding her from the world. Then she meets sheriff's deputy Carter Rollins, and suddenly Raylene's haven no longer feels quite so safe. Carter understands why Raylene is trapped inside. He's even taken to bringing the outside world to her. But with two kid sisters to raise, just how much time can he devote to this woman who's stolen his heart? Raylene knows Carter is a man worth loving, but she may never be strong enough to accept what he's offering. How long can she ask him to wait? Maybe they'll never have more than this one sweet summer. "[This] Sweet Magnolias story has many strong points, but it's the sensitive handling of heroine Raylene's issues that make it truly worthwhile." —RT Book Reviews

This volume provides a single resource that contains information on almost all of the measures that have demonstrated usefulness in measuring the presence and severity of anxiety and related disorders. It includes reviews of more than 200 instruments for measuring anxiety-related constructs in adults. These measures are summarized in 'quick view grids' which clinicians will find invaluable. Seventy-five of the most popular instruments are reprinted and a glossary of frequently used terms is provided.

Big damn heroes. That's you and your crew. Don't matter where you are in the 'Verse or how you aim to pay for those Fruity Oaty bars. Could be you're flyin' a ship held together by spit and duct tape, haulin' cargo that the Feds would consider a mite questionable. Could be you're flyin' in a Piao Leong cruiser, doin' righteous work for the Alliance. You and yours are Big Damn Heroes and, as such, you need a Big Damn Handbook. Which, as it happens, is what you're holdin'. In this book, a partner to the Serenity Role Playing Game, you'll find new Traits such as Ain't Got Time to Bleed and Glory Hound. There's expanded and clarified rules for character and ship combat. More information on the Chinese culture in the 'Verse, including the Tongs and new Chao Ji Chinese phrases and proper names. And you say you want to do a little business with your old buddy, Badger? You'll find his description and game stats, along with a host of other NPCs—some friendly, some not so much. There's an awful lot more in this very fine book, but we're runnin' out of room to tell you about it, so best you just pick it up. Here's to you and your Big Damn Heroes. Keep flyin'!

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

#1 NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE • Look for special features inside. Join the Random House Reader's Circle for author chats and more. In boyhood, Louis Zamperini was an incorrigible delinquent. As a teenager, he channeled his defiance into running, discovering a prodigious talent that had carried him to the Berlin Olympics. But when World War II began, the athlete became an airman, embarking on a journey that led to a doomed flight on a May afternoon in 1943. When his Army Air Forces bomber crashed into the Pacific Ocean, against all odds, Zamperini survived, adrift on a foundering life raft. Ahead of Zamperini lay thousands of miles of open ocean, leaping sharks, thirst and starvation, enemy aircraft, and, beyond, a trial even greater. Driven to the limits of endurance, Zamperini would answer desperation with ingenuity; suffering with hope, resolve, and humor; brutality with rebellion. His fate, whether triumph or tragedy, would be suspended on the fraying wire of his will. Appearing in paperback for the first time—with twenty arresting new photos and an extensive Q&A with the author—*Unbroken* is an unforgettable testament to the resilience of the human mind, body, and spirit, brought vividly to life by Seabiscuit author Laura Hillenbrand. Hailed as the top nonfiction book of the year by *Time* magazine • Winner of the Los Angeles Times Book Prize for biography and the Indies Choice Adult Nonfiction Book of the Year award "Extraordinarily moving . . . a powerfully drawn survival epic."—*The Wall Street Journal* "[A] one-in-a-billion story . . . designed to wrench from self-respecting critics all the blurby adjectives we normally try to avoid: It is amazing, unforgettable, gripping, harrowing, chilling, and inspiring."—*New York* "Staggering . . . mesmerizing . . . Hillenbrand's writing is so ferociously cinematic, the events she describes so incredible, you don't dare take your eyes off the page."—*People* "A meticulous, soaring and beautifully written account of an extraordinary life."—*The Washington Post* "Ambitious and powerful . . . a startling narrative and an inspirational book."—*The New York Times* Book Review "Magnificent . . . incredible . . . [Hillenbrand] has crafted another masterful blend of sports, history and overcoming terrific odds; this is biography taken to the nth degree, a chronicle of a remarkable life lived through extraordinary times."—*The Dallas Morning News* "An astonishing testament to the superhuman power of tenacity."—*Entertainment Weekly* "A tale of triumph and redemption . . . astonishingly detailed."—*O: The Oprah Magazine* "[A] masterfully told true story . . . nothing less than a marvel."—*Washingtonian* "[Hillenbrand tells this] story with cool elegance but at a thrilling sprinter's pace."—*Time* "Hillenbrand [is] one of our best writers of narrative history. You don't have to be a sports fan or a war-history buff to devour this book—you just have to love great storytelling."—Rebecca Skloot, author of *The Immortal Life of Henrietta Lacks*

Shift your real estate business into high gear, this REALTOR training book makes listing and selling property easy Learn lead generation, marketing strategy and tips, client prospecting, systems, formulas, scripts and more No more stumbling blindly trying to build a successful real estate business, follow Wade Webb's proven real estate success system and generate a great income while creating the lifestyle of your dreams Simply follow the field tested tactics in this realty handbook loaded with creative advertising and promotional ideas for the beginner and seasoned professional alike. Executive coaching for full time and part time REALTORS seeking effective tools and professional, business and life coaching backed with a solid business philosophy Real Estate Business Training to Build a Market Proof Successful Realty Empire The Lazy REALTOR by Wade Webb is built on universal, proven and tested business principles designed to inspire and educate you into reaching and surpassing your wildest dreams to build a successful real estate business and to enjoy the lifestyle that goes along with it. The Lazy Realtor goes into great detail on all the main components required to start, grow, and maintain a recession proof real estate empire. Learn about getting started, the learning curve, budgeting, goal setting, how to become an EXPERT Buyer & seller cycles, listing cycles, pricing psychology Databases & relationship lists, expanding your database Potential clients everywhere, multiplying leads, lead generation, cashing in on leads Glengarry style, sales and power prospecting methods Enter the World Wide Web, power of connecting, new Marketing IT Open House strategies Triggering emotions, features vs. benefits, psychology in sales Staging homes, selling sellers on staging Farming, direct mail, cold calling, warm calling Expired listings, for sale by owner, FSBOs Making listings more salable Managing your time, time blocking, breaking the realtor-phobia, selling yourself Showing luxury homes In buyers shoes, one house at a time, Exclusive Agent anyone?, helping owners with direct sales Winners never quit, quitters never win, discipline can go a long way, 3-Part Formula for Success Pricing strategies, connecting with your sellers, getting inside their head 22 solutions to kick-start your business (and yourself!) Insider's Tips 7 figure income for me? Specifications 6" x 9" (15.24 x 22.86 cm) Black & White on White paper 126 pages Wade Webb Real Estate Coaching Handbook for Seasoned Professionals and "Dummies" Alike Why stumble through your real estate career learning the hard way when you can learn from a master who has "been there, done that" and chiseled through all the trial and error for you? The last thing you want when trying to attain your financial and professional goals as a REALTOR is to waste days, months and even years spinning your wheels not to mention thousands of dollars on mis-spent advertising dollars and business expense... and let's not forget the potential lost income of doing it right the first time. Buy Wade Webb's The Lazy Realtor and Receive the Following All the rock solid real estate training mentioned above and much more Bonus training materials Bonus videos from Wade and marketing materials Product Guarantee - The ONLY Real Estate Coaching eBook Backed by a Lifetime Satisfaction Guarantee Order Now as You Risk Nothing With Our Guarantee. Buy 2 and Get One for a Friend?

A sampling of the writings of Chinese women poets from ancient times to the twentieth century is accompanied by brief biographies and a discussion of their influence on Chinese literature.

What Every Therapist Needs to Know About Anxiety Disorders is an integrated and practical approach to treating anxiety disorders for general psychotherapists. What is new and exciting is its focus on changing a patient's relationship to anxiety in order to enable enduring recovery rather than merely offering a menu of techniques for controlling symptoms. Neither a CBT manual nor an academic text nor a self-help book, What Every Therapist Needs to Know About Anxiety Disorders offers page after page of key insights into ways to help patients suffering from phobias, panic attacks, unwanted intrusive thoughts, compulsions and worries. The authors offer a rich array of therapist-patient vignettes, case examples, stories, and metaphors that will complement the work of trainees and experienced clinicians of every orientation. Readers will come away from the book with a new framework for understanding some of the most frustrating clinical challenges in anxiety disorders, including "reassurance junkies," endless obsessional loops, and the paradoxical effects of effort.

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