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# Adaptation of the Russian-language Versions of the Self-Focused Attention Scale and the Self-Consciousness Scale Questionnaires

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## Abstract

**Introduction.** The self-focused attention is considered as a personality trait that predisposes to the emergence of depressive and anxious thoughts. The purpose of this study was to validate the Russian-language versions of the Self-Consciousness Scale and the Self-Focused Attention Scale questionnaires, which allow assessing the degree of self-focus. For the first time, the reliability and validity of the Russian versions of the questionnaires were investigated. **Methods.** The study involved 149 participants (99 women, 50 men), mean age – 22.6, SD = 6.9. Exploratory and confirmatory factor analysis was used. **Results.** The use of factor analysis revealed a two-factor structure of the Self-Consciousness Scale (private self-consciousness subscale and a public self-consciousness and social anxiety subscale) and a single-factor structure of the Self-Focused Attention Scale. Analysis of the coefficients of internal consistency revealed a high homogeneity of the scales. The questionnaire scales correlated positively with symptoms of anxiety and depression and negatively with emotional stability. The self-focused attention scale, the subscale of public self-consciousness and social anxiety and the scale of trait anxiety positively correlated with each other. Compared to men, women had significantly higher scores on the self-focused attention scale and the public self-consciousness and social anxiety subscale. **Discussion.** The Russian versions of the questionnaires showed a good factor structure and high internal consistency of the

scales. The revealed gender differences by the scales correspond to those described in the literature. Correlations with scales of depression, anxiety, and emotional stability are consistent with theoretical predictions. The obtained results allow us to believe that the Russian-language versions of the Self-Focused Attention Scale and the Self-Consciousness Scale are reliable and valid instruments.

### Keywords

self-consciousness scale, private self-consciousness, public self-consciousness, social anxiety, factor analysis, confirmatory analysis, reliability, validity, depression

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## Introduction

Excessive self-focus has come to the attention of researchers as an important personality trait that predisposes to depressive and anxious thoughts (Gotlib & Joormann, 2010; Mor & Winquist, 2002). Initially, it was believed that focusing on oneself was primarily associated with depression. Later it was shown that focusing on the self can also be associated with anxiety, when a person focuses on the potential failure that they fear, and not on the actual failure (Pyszczynski, Hamilton, Greenberg, Becker, 1991).

**The aim** of this work was to validate the Russian-language versions of the Self-Consciousness Scale (SCS) and the Self-Focused Attention Scale (SFA) questionnaires, which allow assessing the degree of focus on oneself.

Two international questionnaires were translated – SCS and SFA. The SFA (Bögels, Alberts & de Jong, 1996) consists of 11 items, five of which refer to attention directed to one's own arousal in social situations (body state and emotional state), and six items – to focus on interpersonal behavior.

The SCS (Fenigstein, Scheier & Buss, 1975; Fenigstein, 1987) is a 23-item questionnaire assessing focus on self that was developed by Fenigstein et al. The SCS divides self-focus into a private and public subscale:

- The Private Self-Consciousness Scale assesses the propensity for introspection and the study of the inner Self and one's own feelings and is defined as the degree to which the subjects are aware of their own mood, principles, thoughts and physical condition;
- The Public Self-Consciousness Scale reflects a person's awareness of how they are perceived by other people and measures the extent to which a person is consciously concerned about how they appear in social situations. This form of self-consciousness can lead to excessive self-control and anxiety (Carver & Scheier, 1987).

In addition to assessing private and public self-consciousness, the SCS also includes a social anxiety subscale that assesses a specific type of focus on the public self. Social anxiety stems (at least in part) from public self-consciousness, since the subjective experience of social anxiety involves a focus on the public self (Schlenker & Leary, 1982).

There is also the Focus of attention questionnaire (Woody, 1996), which consists of two scales. One of the scales measures the focus on oneself, the other scale measures the focus on other people in social situations. This questionnaire is usually used immediately after completing the task to assess the condition of the subject (Woody, 1996). In this study, this Focus of attention questionnaire was not used.

## **Methods**

### ***Subjects***

The study included 149 participants (99 women, 50 men), mean age – 22.6, SD = 6.9. Informed consent was obtained from all subjects participating in the study. The study was approved by the Research Institute of Neurosciences and Medicine Local Ethics Committee.

### ***Questionnaires***

The translation of the SCS and SFA questionnaires was made by the second author of the article, D. A. Lebedkin, who is a Russian native speaker and fluent in English. The translation was carried out according to the meaning of the original questionnaire items, was checked and finalized (several amendments were made to improve the understanding of the items of the questionnaires) by other authors of the article.

In addition to the SCS and SFA, a number of other questionnaires were used. The severity of depressive symptoms was assessed using the Beck Depression Inventory (Beck, Steer, Ball & Ranieri, 1996). In addition, the well-known Spielberger-Hanin questionnaire was used to measure personal anxiety (State Trait Anxiety Inventory) (Spielberger, Gorsuch & Lushene, 1970; Hanin, 1989). To measure personality within the framework of the five-factor model, we previously translated and validated (Knyazev, Mitrofanova, Bocharov,

2010) the Big Five Factor Markers (BFFM) questionnaire (Big Five Factor Markers, URL: <https://ipip.ori.org/newitemtranslations.htm> (Goldberg et al., 2006)). The BFFM questionnaire contains 100 short statements, based on which the five Big Five factors are assessed: Emotional Stability, Extraversion, Agreeableness, Conscientiousness and Openness/intellect. Emotional intelligence was measured using the Barchard questionnaire, also translated and validated by us (Knyazev, Mitrofanova, Razumnikova, Barchard, 2012).

Two questionnaires were used to assess the severity of individualistic and collectivistic tendencies. The first is the famous Singelis questionnaire, Self-Construal Scale (Singelis, 1994). The second questionnaire, The Relational-Interdependent Self-Construal (RISC), measures affiliative tendencies selectively towards immediate family or a loved one (Cross, Bacon & Morris, 2000; Dorosheva, Knyazev, Kornienko, 2016).

### ***Data analysis***

The analysis of the data collected using the questionnaires was carried out in the SPSS statistical package and included an assessment of the internal consistency of the scales with the calculation of Cronbach's alpha and the correlation of each item of the questionnaire with the scale, as well as exploratory and confirmatory factor analysis. In exploratory factor analysis, using the graph of factor eigenvalues, the number of factors corresponding to empirical data was estimated, which were then extracted and, using the Varimax orthogonal rotation, were transferred to such a space in which they were least correlated with each other. The matrix of factor loadings was used to assess the correspondence of the distribution of items of the questionnaire by factors to the key proposed by the authors of the original questionnaire. Confirmatory factor analysis was carried out in the AMOS program and was used to assess the correspondence of the theoretical model to empirical data, as well as to calculate factor loadings and model modification indices, which were used to assess the need for changes in the composition of the scales. To assess the internal consistency of the scales, Cronbach's alphas were calculated.

## **Results**

### ***Analysis of psychometric indicators of SCS***

The values of KMO = 0.77 and the Bartlett test ( $p < 0.0001$ ) were identified, which indicates the feasibility of factor analysis. In our factor analysis using the method of principal components with orthogonal rotation Varimax, the analysis of the eigenvalues of the factors showed that the two-factor solution is optimal for our data, since the graph showed a clear break after the first two factors (the eigenvalues of the first six factors: 4.6, 2.6, 1.6, 1.2, 1.0, 1.0). When extracting two factors, it was clear that the points of the scales of social anxiety and public self-consciousness are loaded onto one factor. Therefore, it

was decided to create two subscales - the Private Self-Consciousness subscale (PSC) and the Public Self-Consciousness and Social Anxiety subscale (PSCSA).

Next, we analyzed the reliability of these scales and the correlations of their items with the average values on the scales. Four items were found to be weakly correlated with their scales. The removal of these items led to an increase in Cronbach's alphas: PSC ( $\alpha = 0.75$ ) and PSCSA ( $\alpha = 0.83$ ), which indicates a good internal consistency of these scales. Initial eigenvalues and factor loadings are presented in tables no. 1 and 2.

**Table 1**

*Initial eigenvalues of the SCS and SFA questionnaires (N=149)*

Initial eigenvalues of the SCS questionnaire			Initial eigenvalues of the SFA questionnaire		
Total	% variance	Cumulative %	Total	% variance	Cumulative %
4.64	24.44	24.44	4.66	42.35	42.35
2.63	13.83	38.27	1.26	11.41	53.77
1.55	8.14	46.41	1.16	10.53	64.29
1.21	6.34	52.75	0.78	7.07	71.36
1.05	5.52	58.27	0.70	6.34	77.71
1.00	5.28	63.54	0.57	5.15	82.86
0.89	4.68	68.23	0.51	4.60	87.46
0.86	4.54	72.76	0.45	4.05	91.51
0.76	3.98	76.74	0.39	3.58	95.09
0.66	3.45	80.20	0.30	2.76	97.86
0.63	3.31	83.51	0.24	2.14	100.00
0.56	2.95	86.46			
0.53	2.77	89.22			
0.46	2.42	91.64			
0.42	2.21	93.85			
0.34	1.79	95.64			
0.31	1.62	97.26			
0.27	1.41	98.67			
0.25	1.33	100.00			

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**Table 2**  
*Factor loadings of items of the SCS questionnaire (N = 149)*

Question of the questionnaire	Factor loads	
6. Я обычно беспокоюсь о том, чтобы произвести хорошее впечатление на окружающих. (I'm concerned about the way I present myself).	0.73	0.17
14. Обычно я беспокоюсь о том, чтобы создать хорошее впечатление о себе. (I usually worry about making a good impression).	0.72	0.15
4. Мне нужно время, чтобы преодолеть свою застенчивость в новых ситуациях. (It takes me time to get over my shyness in new situations).	0.71	0.09
19. Я беспокоюсь о том, что другие люди думают обо мне. (I'm concerned about what other people think of me).	0.71	0.07
10. Я очень легко смущаюсь. (I get embarrassed very easily).	0.65	0.10
8. Я испытываю трудности при выполнении работы, когда кто-то наблюдает за мной. (I have trouble working when someone is watching me).	0.61	0.09
16. Я чувствую тревогу, когда выступаю перед группой людей. (I feel anxious when I speak in front of a group).	0.59	0.05
23. Большие группы людей меня нервируют. (Large groups make me nervous).	0.57	-0.10
12. Мне не трудно заговорить с незнакомыми людьми. (I don't find it hard to talk to strangers).	-0.51	-0.06
1. Я всегда пытаюсь разобраться в самом себе. (I'm always trying to figure myself out).	-0.03	0.76
5. Я много размышляю о самом себе. (I think about myself a lot).	0.11	0.74
15. Я постоянно думаю о причинах своих поступков. (I'm constantly thinking about my reasons for doing things).	0.24	0.67
13. Я обычно внимателен к своим внутренним ощущениям. (I'm generally attentive of my inner feelings).	-0.16	0.51
9. Я никогда не изучаю себя внимательно и пристально. (I never take a hard look at myself).	0.07	-0.50

Question of the questionnaire	Factor loads	
17. Прежде чем выйти из дома, я проверяю, как выгляжу. (Before I leave my house, I check how I look).	0.34	0.48
18. Я иногда мысленно делаю шаг назад, чтобы рассмотреть себя со стороны. (I sometimes step back (in my mind) in order to examine myself from a distance).	0.08	0.48
7. Я часто становлюсь объектом собственных фантазий. (I often daydream about myself).	0.06	0.45
2. Я озабочен тем, каким образом я делаю дела. (I'm concerned about my style of doing things).	0.17	0.43
20. Я быстро замечаю изменения в своем настроении. (I'm quick to notice changes in my mood).	0.10	0.41

Fig. 1 shows the results of a confirmatory analysis of a two-factor solution. By conventional standards, fit scores (CFI and IFI greater than 0.9 and RMSEA less than or equal to 0.05) can be interpreted as evidence of a good fit between the model and the empirical data. All regression weights of the latent factors PSC and PSCSA on their points are reliable and above 0.3. It is necessary, however, to note the two crossovers from the PSCSA factor to points 15 and 17 of the PSC factor, which had to be introduced in accordance with the modification indices. This indicates the incomplete independence of the PSC and PSCSA scales. However, the correlation between the factors was small (0.18) and not significant ( $p = 0.98$ ). In addition, a separate structural model with one factor instead of two showed low fit indices and should be rejected.

### ***SFA questionnaire***

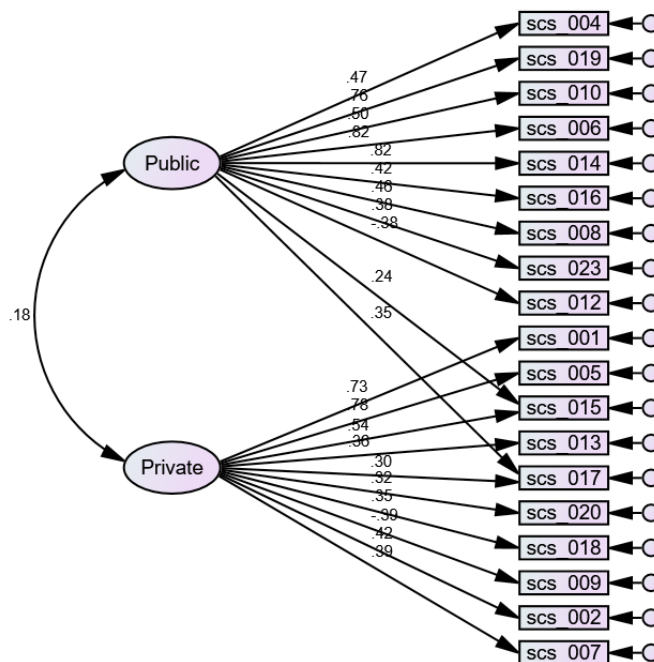
KMO values = 0.85 and Bartlett's test ( $p < 0.0001$ ) were identified. Analysis of the eigenvalues of the factors in the factor analysis using the method of principal components showed a distinct advantage of the one-factor solution (the eigenvalues of the first six factors: 4.7, 1.3, 1.2, 0.8, 0.7, 0.6). Initial eigenvalues of SFA questionnaire are presented in Table 1. Cronbach's alpha ( $\alpha = 0.86$ ) and correlations of items with mean value (all above 0.3) indicated good internal consistency. Confirmatory analysis confirmed the agreement of the one-factor model with the empirical data ( $\chi^2 = 76.4$ ,  $p < 0.001$ , CFI = 0.93, IFI = 0.93, RMSEA = 0.082,  $df = 39$ ). According to Browne & Cudeck (1993), an RMSEA value of less than or equal to 0.05 indicates a close fit, and a value of less than 0.08 suggests an acceptable model fit (Browne & Cudeck, 1993). Other authors consider that an RMSEA value in the range of 0.05 to 0.1 is considered an indicator of acceptable model fit, and values above 0.1 are not considered by the model (MacCallum et al. al., 1996). However,

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these suggestions are largely based on intuition rather than statistical evidence (Marsh, Hau & Wen, 2004). In their study, Kenny, Kaniskan & McCoach (2015) showed what percentage of well-specified models could be incorrectly rejected based on RMSEA less than 0.1 depending on different sample sizes and degrees of freedom. The authors argue that for models with small sample sizes and degrees of freedom, RMSEA can often erroneously indicate poor model fit (Kenny, Kaniskan & McCoach, 2015). The value of RMSEA = 0.082 found in our work for the SFA questionnaire may be due to the small sample size and the number of degrees of freedom. The values of CFI and IFI indicators found for the SFA questionnaire greater than 0.9 indicate a good agreement between the model and empirical data.

**Figure 1**

Results of the confirmatory factor analysis of the SCS questionnaire. ( $\chi^2 = 208.2$ ,  $p < 0.001$ ,  $CFI = 0.91$ ,  $IFI = 0.91$ ,  $RMSEA = 0.05$ ,  $df = 145$ ). Standardized regression weights are given



The t-test for independent samples showed that the SFA and PSCSA scores were significantly higher in women than in men ( $t = 4.2$ ,  $p < 0.001$  and  $t = 6.7$ ,  $p < 0.001$ , respectively).



To analyze the constructive reliability of the SCS and SFA questionnaires, the same subjects obtained data on the known, previously translated and validated questionnaires, which on this sample showed the following indices of internal consistency:

- Beck Depression Inventory (BDI-II) (Beck et al., 1996) for the severity of symptoms of depression ( $\alpha = 0.92$ );
- Trait Anxiety inventory (TA) (Spielberger et al., 1970; Khanin, 1989) ( $\alpha = 0.90$ );
- Big Five Factor Markers questionnaire (BFFM) (Goldberg, 2001; Knyazev et al., 2010) with scales of extraversion ( $\alpha = 0.74$ ), agreeableness ( $\alpha = 0.74$ ), conscientiousness ( $\alpha = 0.73$ ), emotional stability ( $\alpha = 0.87$ ) and openness/intellect ( $\alpha = 0.67$ );
- Emotional Intelligence questionnaire (EI, Knyazev et al., 2012) ( $\alpha = 0.88$ ).
- Singelis' Self Construal Scale (collectivism,  $\alpha = 0.78$ , individualism,  $\alpha = 0.84$ ) (Singelis, 1994).

Table 3 shows the statistically significant correlation coefficients of Spearman's scales of SCS and SFA with the scales of these questionnaires, as well as the mean and standard deviations of the scales. The SCS and SFA scales did not statistically significantly correlate with the consciousness scale of the BFFM questionnaire. We did not make a Bonferroni correction for the number of correlations, since in this case the pattern of associations is important, and not the reliability of each correlation. However, the Bonferroni correction gives in this case ( $0.05/27 = 0.0018$ ), so all three-star correlations ( $p < 0.001$ ) remain significant even after adjustment.

SFA and PSCSA show a similar pattern of correlations. They correlated positively with the severity of symptoms of depression and anxiety, as well as collectivism, and negatively with extraversion, emotional stability, openness/intellect, and individualism.

PSC correlates negatively with emotional stability. Unlike SFA and PSCSA, PSC is positively correlated with openness/intellect. In addition, PSC was positively correlated with agreeableness and EI (emotional intelligence).

The scales correlated with each other as follows: SFA–PSCSA ( $\rho = 0.53$ ,  $p < 0.001$ ), SFA–PSC ( $\rho = 0.19$ ,  $p = 0.024$ ), PSCSA–PSC ( $\rho = 0.22$ ,  $p = 0.007$ ).

**Table 3**

*Correlations of the SCS and SFA scales with the scales of other questionnaires (N=149)*

Questionnaire scales	SFA	PSCSA	PSC
	(19.3 ± 8.7)	(14.8 ± 6.1)	(19.6 ± 5.2)
BDI-II (10.9 ± 10.2)	0.36***	0.28**	0.11
TA (47.8 ± 9.9)	0.44***	0.52***	0.14
Extraversion (34.9 ± 7.37)	-0.24**	-0.32***	0.061

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	SFA	PSCSA	PSC
Questionnaire scales	(19.3 ± 8.7)	(14.8 ± 6.1)	(19.6 ± 5.2)
Agreeableness (40.8 ± 6.03)	0.08	0.12	0.23**
Emotional stability (26.9 ± 8.1)	-0.31***	-0.37***	-0.2*
Openness/intellect (40.6 ± 5.8)	-0.29**	-0.3***	0.26**
EI (232.1 ± 25.6)	0.1	0.22**	0.32***
Collectivism (57.6 ± 10.8)	0.17*	0.22**	0.04
Individualism (53.8 ± 9.6)	-0.27**	-0.26**	0.12

**Note.** \*\*\*significant at  $p < 0.001$ ; \*\*significant at  $p < 0.01$ ; \*significant at  $p < 0.05$ .

## Discussion

Analysis of the factor structure of the SFA questionnaire, performed using exploratory and confirmatory factor analysis, confirmed the good fit of the one-factor model to empirical data, Cronbach's Alpha (above 0.86) and correlations of items with the mean value (all above 0.3) indicated high internal consistency.

Analysis of the coefficients of internal consistency of the SCS questionnaire also showed good homogeneity of the SCS scales. Initially, it is assumed that the SCS contains three subscales – Private Self-Consciousness (PSC), Public Self-Consciousness and Social Anxiety. Our factor analysis of the SCS questionnaire showed a predominantly two-factor solution, and two subscales were created – PSC and PSCSA. Public self-consciousness refers to those aspects of behavior in which the needs, desires or reactions of other people are recognized and taken into account. It is driven by the desire for social approval

and the desire to consider the impact that an action may have on others' impressions of oneself (Carver & Scheier, 2000). According to the authors of the questionnaire, social anxiety stems from public self-consciousness, but the consciousness of the public self is not enough to cause social anxiety. The person must also have a sense of fear about being judged by other people in a social context, or doubt that he/she is capable of creating an adequate self-presentation (Scheier & Carver, 1985).

The PSCSA and SFA scales strongly correlated with each other. According to Noda, Okawa, Shiotsuki, Sasagawa, & Bögels (2021), self-focused attention appears to be the main mechanism for maintaining social anxiety. For example, self-focus reduction techniques have been shown to prevent and treat social anxiety (Vriends, Meral, Bargas-Avila, Stadler & Bögels, 2017). In general, the revealed correlation is consistent with the data of foreign studies on the association of SFA with social anxiety (Poole & Henderson, 2022; Woody, Chambless, Glass, 1997), as well as with the fact that the PSCSA scale we identified includes questions of social anxiety. Also, the SFA and PSCSA scales were strongly associated with personal anxiety, which is probably due to the similarity of these constructs.

According to research, private and public forms of self-consciousness are seen as personality traits that are relatively stable but weakly related to each other (Bögels et al., 1996). In our study, two cross-loadings from the PSCSA factor to the points of the PSC factor were identified, which indicates that the PSCSA and PSC scales are not completely independent, and a small correlation between them is consistent with data from other studies (Bögels et al., 1996). In general, the pattern of questionnaire correlations with each other and with personality scales is consistent with what was described in the literature for the original English-language scales (Scheier & Carver, 1985).

In women the estimates of SFA and PSCSA were significantly higher than in men. This is consistent with data on the association of SFA with social anxiety (Woody et al. al., 1997; Poole & Henderson, 2022) and the results of studies showing that women have more public self-consciousness (Bögels et al., 1996) and symptoms of social anxiety than men (Barinov, 2011; Asher, Asnaani & Aerka, 2017). Thus, we can conclude that the pattern of sex differences that we discovered is in good agreement with the established facts, which confirms the validity of the SFA and PSCSA scales.

It is interesting that the opposite direction of correlations with the openness/intellect scale of the BFFM questionnaire was revealed. Thus, the PSCSA and SFA scales were negatively related to the openness/intellect scale, while the PSC was positively related. The openness/intellect scale is associated with such properties as high self-esteem, activity, and risk propensity (Knyazev et al., 2010). The Public self-consciousness scale is associated with conformity, low self-esteem, and low risk-taking (Tunnel, 1984). Negative correlations of openness/intellect with the SFA and PSCSA scales are consistent with the fact that the scales are associated with social anxiety, which in turn is also combined with low self-esteem, low activity and lethargy (Nikitina and Kholmogorova, 2011; Dale,

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Vanderloo, Moore & Faulkner, 2019; Jiang & Ngien, 2020). According to Carver & Scheier (1987), PSC is associated with the pursuit of personal, egocentric interests and does not require a person to consider the reactions of other people to what he does (Carver & Scheier, 1987). It is possible that the positive correlation of openness/intellect with the PSC scale may be associated with higher activity and risk appetite in people with a high PSC level, since they are less subject to the need for social approval, which can inhibit the manifestation of activity.

It should be noted that the PSC scale weakly correlated with depression ( $(\rho) = 0.11$ ;  $p = 0.17$ ), which is consistent with data from other studies (Takishima-Lacasa, Higa-McMillan, Ebesutani, Smith & Chorpita, 2014). PSC is a type of self-focused attention in which individuals evaluate their actions without taking into account the social context, which is likely to have fewer negative connotations than SFA and PSCSA. According to Mor & Winquist (2002), self-focus is maladaptive when a person finds a "negative" mismatch between the real self and the standard to which he is being compared and fails to minimize this mismatch. When experiencing negative life events, this discrepancy will be especially noticeable (Mor & Winquist, 2002). The presence of persistent negative affect contributes to the appearance of depression (Kotova, Belyaev, Akarachkova, 2021). It can be assumed that the focus of attention on oneself will predispose to increased depression and negative affect when experiencing negative events.

Importantly, the scales correlated positively with depressive symptoms and negatively with emotional stability. The results of the correlation analysis allow us to consider our Russian-language version of the questionnaires to be adequate. In general, the results obtained allow us to conclude that the Russian versions of the SFA and SCS are quite reliable, and the factor structure of the questionnaires corresponds to the theoretical one.

### **Conclusions**

Summarizing the results of our analysis, we can conclude that the Russian versions of the SFA and SCS showed excellent psychometric properties (high internal consistency of scales and good factor structure). The identified gender differences in the scores on the SFA and PSCSA scales correspond to those described in the literature. Correlations with scales of depression, anxiety, and emotional stability are consistent with theoretical predictions. All this gives reason to believe that the Russian versions of the SFA and SCS are reliable and valid questionnaires.

Based on this, we can draw the following main conclusions:

- factor analysis of the structure of the Russian versions of the questionnaires revealed a two-factor structure of the Self-Consciousness Scale questionnaire (the Private Self-Consciousness subscale and the Public Self-Consciousness and Social Anxiety subscale) and the single-factor structure of the Self-Focused Attention;
- all three questionnaire scales showed high internal scale consistency and correlated negatively with emotional stability;

- the revealed results correspond to the theoretically predicted ones and to the data of other studies, which indicates the reliability and validity of the Russian versions of the Self-Consciousness Scale and Self-Focused Attention Scale.

### **Study Limitations**

The sample consisted of university students (99 women and 50 men) and thus is not qualitatively representative. The RMSEA value of the SFA questionnaire was greater than the threshold value (RMSEA = 0.82), which may be due to the small sample size and the number of degrees of freedom (Kenny, Kaniskan & McCoach, 2015).

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## Appendix

### Опросник «Шкала самосознания» (SCS questionnaire)

#### *Инструкция*

Прочитайте внимательно каждое из приведенных ниже утверждений. Для каждого утверждения укажите, насколько оно подходит Вам, используя варианты ответа:

- 3 = Очень похоже на меня;
- 2 = В какой-то степени похоже на меня;
- 1 = Немного похоже на меня;
- 0 = Совсем не похоже на меня.

Постарайтесь быть максимально честны и точны. Помните, что здесь нет правильных или неправильных ответов.

#### *Текст опросника*

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1	Я всегда пытаюсь разобраться в самом себе. (original text: I'm always trying to figure myself out)	ПСС+
2	Я озабочен тем, каким образом я делаю дела. (I'm concerned about my style of doing things)	ПСС+
3	В общем, я не очень хорошо самого себя представляю. (Generally, I'm not very aware of myself)	ПСС+
4	Мне нужно время, чтобы преодолеть свою застенчивость в новых ситуациях. (It takes me time to get over my shyness in new situations)	ПССТ+
5	Я много размышляю о самом себе. (I think about myself a lot)	ПСС+
6	Я обычно беспокоюсь о том, чтобы произвести хорошее впечатление на окружающих. (I'm concerned about the way I present myself)	ПССТ+
7	Я часто становлюсь объектом собственных фантазий. (I often daydream about myself)	ПСС+
8	Я испытываю трудности при выполнении работы, когда кто-то наблюдает за мной. (I have trouble working when someone is watching me)	ПССТ+
9	Я никогда не изучаю себя внимательно и пристально. (I never take a hard look at myself)	ПСС-

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10	Я очень легко смущаюсь. (I get embarrassed very easily)	ПССТ+
11	Я осознаю то, как я выгляжу. (I'm self-conscious about the way I look)	ПССТ+
12	Мне не трудно заговорить с незнакомыми людьми. (I don't find it hard to talk to strangers)	ПССТ-
13	Я обычно внимателен к своим внутренним ощущениям. (I'm generally attentive of my inner feelings)	ПСС+
14	Обычно я беспокоюсь о том, чтобы создать хорошее впечатление о себе. (I usually worry about making a good impression)	ПССТ+
15	Я постоянно думаю о причинах своих поступков. (I'm constantly thinking about my reasons for doing things)	ПСС+
16	Я чувствую тревогу, когда выступаю перед группой людей. (I feel anxious when I speak in front of a group)	ПССТ+
17	Прежде чем выйти из дома, я проверяю, как выгляжу. (Before I leave my house, I check how I look)	ПСС+
18	Я иногда мысленно делаю шаг назад, чтобы рассмотреть себя со стороны. (I sometimes step back (in my mind) in order to examine myself from a distance)	ПСС+
19	Я беспокоюсь о том, что другие люди думают обо мне. (I'm concerned about what other people think of me)	ПССТ+
20	Я быстро замечаю изменения в своем настроении. (I'm quick to notice changes in my mood)	ПСС+
21	Я обычно осознаю свою внешность. (I'm usually aware of my appearance)	ПССТ+
22	Я осознаю, как работает моё мышление, когда я решаю проблему. (I'm aware of the way my mind works when I work through a problem)	ПСС+
23	Большие группы людей меня нервничают. (Large groups make me nervous)	ПССТ+

Совсем не похоже на меня (0 баллов); Немного похоже на меня (1 балл); В какой-то степени похоже на меня (2 балла); Очень похоже на меня (3 балла). 9 и 12 утверждения идут с обратной кодировкой: Совсем не похоже на меня (3 балла); Немного похоже на меня (2 балла); В какой-то степени похоже на меня (1 балл); Очень похоже на меня (0 баллов).

## Опросник «Шкала фокуса внимания на себе» (SFA questionnaire)

### Инструкция

Прочитайте внимательно каждое из приведенных ниже утверждений и выберете вариант ответа, который наиболее подходит для Вас.

### *В присутствии других людей я постоянно сосредотачиваюсь на том...*

№		никогда	редко	иногда	часто	очень часто
1	бьется ли мое сердце (original text: whether my heart is beating)					
2	достаточно хорошо ли я владею социальными навыками (whether I'm sufficiently socially skilled)					
3	веду ли я себя напряженно (whether I behave tensely)					
4	бегло ли я говорю (whether I speak fluently)					
5	контролирую ли я свое дыхание (whether I'm controlling my respiration)					
6	насколько хорошо я участвую в разговоре (how well I take part in the conversation)					
7	выгляжу ли я напряженно (whether I look tense)					
8	прилично ли я себя веду (whether I behave appropriately)					
9	краснею ли я, дрожу или потею (whether I blush, tremble, or sweat)					
10	понимаю ли я, что говорят другие (whether I understand what others say)					
11	насколько напряженно я себя чувствую (how tense I feel)					

никогда (0 баллов); редко (1 балл); иногда (2 балла); часто (3 балла); очень часто (4 балла).

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## Conflict of Interest Information

The authors have no conflicts of interest to declare.