

The Henderson/Zimbardo Shyness Questionnaire: a new scale to measure chronic shyness.

Lynne Henderson, Ph.D., Director, Shyness Clinic, Co-Director, Shyness Institute, Visiting Scholar, and Lecturer, Stanford Psychology Department, and Philip Zimbardo, Ph.D., Co-Director, Shyness Institute, Professor, Stanford Psychology Department.

Our research has shown that self-blame, private self-consciousness, shame, and resentment are core cognitive and affective components of clinically significant chronic shyness. We have developed a new scale to measure these various dimensions of chronic shyness and collected data on our shyness clinic sample, three college student samples and a sample of 3500 web site respondents. We will present means, standard deviations, alpha coefficients, and factor analyses from each of these samples. Using ratings of one through five, from not at all characteristic to extremely characteristic, means from web site respondents ranged from 3.54 to 3.73, standard deviations from .58 to .68. Stanford students' means ranged from 2.52 to 2.54 with SD's from .55 to .57. Chronbach's Alpha for six samples was between .92 and .93. We will also include evidence for concurrent validity with other well-established scales, including a correlation of .59 with the Revised Cheek and Buss Shyness Scale (Melchior and Cheek, 1990). Other findings include correlations with relevant subscales of Locke's Circumplex Scale of Interpersonal Values. That is, ShyQ. scores on our questionnaire correlate .41 with valuing avoiding social humiliation, .39 with avoiding anger, .53 with putting others' needs first, and .25 with feeling connected to others. The ShyQ. is uncorrelated with valuing forcefulness, having the upper hand, seeking revenge, or having an impact.