Psychological Testing

[Authors Name]

**Introduction**

Social phobia is defined as a type of anxiety disorder that is characterized by the anxiety, self-consciousness discomfort and fear in a social setting (Hoff et al., 2017). This type of anxiety causes impairment in functioning and significantly interferes with the life and relationships of individuals. In psychological research, self-report questions are widely used. The Likert Scale is defined as an ordinal psychometric measurement of beliefs, attitude and opinions. Likert scale is used to measure the social attitude of the respondents. Likert scales are used to assess behaviour, attitude and personality. The Likert scale has several advantages such as in this simple yes or no answer from the respondent is not present and this scale allows the degree of opinion. Likert Scale is one the most universal method and quantitative data is collected and analyzed with relative ease, it reduces social pressure and social desirability bias. Likert scale surveys are efficient, quick, efficient and inexpensive methods for the collection of data. The Likert scale also provides a definite and precise response to an issue (Boone & Boone, 2012).

A survey was conducted to assess the social phobia of the respondents. A questionnaire was developed comprises of Likert scale question. Scales that were used in this survey specified the crucial shades of the opinion of respondents. Each point on the scale carries the specific score. ‘Strongly agree’ was given the score of 5 whereas ‘strongly disagree’ was given the score of 0. Data were collected from respondents after providing them information about the study. Written informed consent was taken from the respondents. After doing coding data was entered into the SPSS (Statistical Package for Social Science). The data were double-checked for any error. The analysis was carried out by finding the mean score and percentages.

**Results**

**Social Phobia**

Social phobia in respondents was assessed with a social phobia questionnaire. To assess the respondent social phobia 15 questions were developed. The opinion of respondents was assessed by the likert scale range from strongly disagree to strongly agree. A score of ‘1’ was given to strongly disagreed response and score of 5 was given to the strongly agreed response. A high score in it indicated a high level of social phobia whereas a low score indicates a low level of social phobia. After providing instructions to the respondents they were asked to give their opinion by selecting the range of option from strongly disagreed to strongly agreed. Questions such as fear and embarrassment in front of others and other embarrassing and awkward social situation were assessed. Mean score was found and then the mean score was multiplied by 100 to get the percentage of respondent who experiences social phobia was determined. Mean score revealed that social anxiety among respondents was higher and indicated that most of the respondents (63.7%) reported a high level of fear and avoidance in social settings, fear of negative evaluation (63.7%), fear of meeting new people (63.7). Among respondents, (27.3%) stated that due to fear of embarrassment their hands and voice shakes. 27.3% respondent stated that they avoid social situation due to the fear of anxiety as shown in table 1.

**Table 1**: Social Phobia Test

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Questions | Response (%) | | | | |
| Strongly Disagreed | Disagreed | Neutral | Agreed | Strongly Agreed |
| Afraid of fear and embarrassment in front of other | 18.2 | 9.1 | 9.1 | 36.4 | 27.3 |
| Fear of constantly being watched and judged by others. | 9.1 | 27.3 |  | 27.3 | 36.4 |
| Fear of embarrassment prevents from doing the things I want to do. | 18.2 | 27.3 | 18.2 | 27.3 | 9.1 |
| Fear of embarrassment keeps me from branching out and speaking to new people. | 27.3 | 18.2 | 9.1 | 27.3 | 18.2 |
| Before or during a social situation I experience physical symptoms such as nausea, trembling and sweating. | 18.2 | 63.6 | 9.1 |  | 9.1 |
| From the fear of embarrassment I experience clammy hands, blushing, shaky voice and difficulty speaking | 18.2 | 45.5 | 9.1 | 27.3 |  |
| These physical responses make anxiety worse. | 9.1 | 18.2 | 27.3 | 36.4 | 9.1 |
| Fear of meeting new people or being in a situation | 18.2 | 18.2 |  | 63.6 |  |
| I find the anxiety about certain social situations interferes with functioning at work/school. | 18.2 | 18.2 | 36.4 | 9.1 | 18.2 |
| I am someone who avoids social situations because of the fear that it may bring on anxiety. | 27.3 | 18.2 | 18.2 | 27.3 | 9.1 |
| Feel embarrassed to eat when in social situations. | 54.5 | 18.2 | 9.1 | 18.2 |  |
| Anxiety in social situations kept me from having friendships and other relationships. | 36.4 |  | 18.2 | 27.3 | 18.2 |

**Neuroticism and Conspiracy Theory engagement.**

In this 15 questions were formulated to determine the engagement of respondent with Neuroticism and Conspiracy Theory. Most of the respondent (45.5%) never research and educate themselves about the conspiracy theory. Among respondent (72.8%) adapt and adjust themselves to the belief when they face some new evidence. 72.7% have faith about what the historian has taught about this world and humanity. Most of the respondents (81.8%) stated that they are aware of their critical and analytical skills as shown in table 2.

**Table 2**.Neuroticism and Conspiracy Theory.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Questions | Response in (%) | | | | |
| Often | Always | Sometimes | Rarely | Never |
| I research and educate myself about conspiracy theories. |  |  | 18.2 | 36.4 | 45.5 |
| I bring up conspiracy theories in casual conversation as a way to educate friends and colleagues. |  |  | 18.2 | 27.3 | 54.5 |
| I accept anecdotal evidence at face value. | 9.1 |  | 27.3 | 45.5 | 18.2 |
| I accept anecdotal evidence at face value. | 45.5 | 18.2 | 36.4 |  |  |
| I adapt and adjust my attitudes and beliefs when faced with new evidence. | 45.5 | 27.3 | 27.3 |  |  |
| I disregard and avoid being sceptical. |  |  | 45.5 | 45.5 | 9.1 |
| I turn to conspiracy theories to make sense of what I do not understand. |  |  | 9.1 | 27.3 | 63.6 |
| I feel that the world is chaotic instead of being governed by innate laws. | 18.2 | 9.1 | 36.4 | 36.4 |  |
| I have faith in what historians teach about the world and humanity. |  | 72.7 | 27.3 |  |  |
| I experience nervous and emotional breakdowns. | 9.1 |  | 9.1 | 45.5 | 36.4 |
| I believe the world guided by predetermination. | 18.2 |  | 18.2 | 36.4 | 27.3 |
| I am aware of my critical thinking and analytical skills. | 54.5 | 27.3 | 9.1 | 9.1 |  |
| I fact-check the things that I believe. | 40 | 10 | 40 | 10 |  |
| I fact-check the things that I believe. | 40 | 10 | 40 | 10 |  |
| I believe in the supernatural and extra-terrestrial intelligence. |  | 18.2 | 45.5 | 18.2 | 18.2 |
| I commit "facts" about conspiracy theories to memory as it serves a purpose to me. | 9.1 | 9.1 |  | 27.3 | 54.5 |

**Stress and psychology**

The relation of stress with psychology was determined by developing 15 questions. Among respondents, 45.5% stated that they do not prioritize their work over study. Among respondent, 72.6% stated that they cannot say no. 54.5% of the respondent were of point of view that they use time management technique that helps them in their study. Among respondents, 36.4% stated that they rank themselves on the low-stress level. 63.6% stated that they give full attention to others when they are saying something to them

**Table 3.** Relation of stress and Psychology*.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree |
| I feel confident in my ability to follow through with the task at hand. | 9.1 | 9.1 | 18.2 | 36.4 | 27.3 |
| I prioritise my work commitment over my study time. | 9.1 | 27.3 | 18.2 | 27.3 | 18.2 |
| I can say no. |  | 9.1 | 18.2 | 63.6 | 9.1 |
| I find it difficult to say no. |  | 27.3 | 9.1 | 63.6 |  |
| I use time management techniques to help me study. | 18.2 | 18.2 | 9.1 | 45.5 | 9.1 |
| I prioritise my study assignments and study load around my lifestyle. | 9.1 | 36.4 | 18.2 | 27.3 | 9.1 |
| Studying psychology is easy. | 9.1 | 54.5 | 18.2 | 18.2 |  |
| Studying psychology statistics is hard. | 9.1 | 18.2 | 18.2 | 36.4 | 18.2 |
| I often feel anxious before an assessment or an online quiz. |  |  | 9.1 | 72.7 | 18.2 |
| I would rather watch Netflix than sit through a 2-hour stats lecture. | 9.1 | 27.3 | 9.1 | 45.5 | 9.1 |
| I find stats to be an interesting topic. |  | 27.3 | 9.1 | 54.5 | 9.1 |
| Statistics is going to be the death of me. | 27.3 | 54.5 | 9.1 |  | 9.1 |
| On a scale of 1-10 (with 1= calm and 10= freaked out), my general stress level is low. | 9.1 | 18.2 | 36.4 | 27.3 | 9.1 |
| 15) Stress is a state of mind and it's more about how I perceive the situation than the situation itself. |  |  | 18.2 | 81.8 |  |

**The Holistic Trait Mindfulness Scale**

The Holistic Trait Mindfulness Scale (HTMS) test was developed with the help of 15 questions. Among respondent, 63.6% rarely eat slowly and notice what they are eating. Among respondents, only 18.2% always think that how others may view them when they are in public. Among respondent 27.3 % always take care so that they do not break anything. Most of the respondents (45.5%) stated that their mind wander about other things when they listen to other people talking.

**Table 4:** Holistic Trait Mindfulness Scale

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Questions** | **Response (%)** | | | | |
| Always | Often | Sometimes | Rarely | Never |
| I eat food slowly, noticing that I am chewing and what I am eating. |  | 18.2 | 9.1 | 63.6 | 9.1 |
| When I am in public I think about how others may view me. | 18.2 | 9.1 | 72.7 |  |  |
| I take care so I don't? hurt me, spill or break things. | 27.3 | 45.5 | 18.2 | 9.1 |  |
| My mind often wanders when listening to other people talking (e.g. thinking about my to-do list |  | 45.5 | 27.3 | 18.2 | 9.1 |
| I run into things, spill or break things when I? distracted from what? going on (e.g. I spill food when eating). |  | 9.1 | 18.2 | 72.7 |  |
| I pay attention to what I am doing at the moment. |  | 63.6 | 36.4 |  |  |
| I feel like I do things automatically, without realising what I? doing (e.g. driving to work on the weekend). |  | 40 | 40 | 20 |  |
| I do not worry about what other people may think of me when I am around them. | 9.1 | 9.1 | 27.3 | 36.4 | 18.2 |
| I eat on the run, or while doing other tasks (e.g. reading/writing emails, checking my phone/facebook). |  | 36.4 | 54.5 | 9.1 |  |
| I am aware of and pay attention to things I; hear, see, taste, smell and touch. |  | 45.5 | 54.5 |  |  |
| I focus on the task at hand and do not become distracted (e.g. I concentrate on what I am learning). |  | 54.5 | 36.4 | 9.1 |  |
| I do not notice the way different things sound, look, taste, smell and feel. |  |  | 54.5 | 45.5 |  |
| I am aware of how I feel and can express this to myself and others. | 27.3 | 36.4 | 27.3 | 9.1 |  |
| I find it difficult to notice how I feel and express it in words. | 9.1 |  | 27.3 | 54.5 | 9.1 |
| I listen intently and give my full attention to others when they are talking. |  | 63.6 | 36.4 |  |  |

**Belief and Attitude of Respondents**

Beliefs and attitude of responded were assessed with the help of 15 questions. Among respondents, only 10% stated that they would be scare if someone claims to be a witch. Among respondent, only 30% read their horoscope. 50% stated that they regularly see meanings in everyday experiences. 50 % agreed that those who believe in psychics are more prone to cognitive biases and 50% believes in karma.

**Table 5:** Belief and Attitude of respondents.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Response (%) | | | | |
| Strongly Disagree | Disagree | Neutral | Agree | Strongly Disagree |
| I would be scared if someone claiming to be a witch or shaman told me that I would die soon. | 30 | 20 | 30 | 10 | 10 |
| Believing in a god or higher power is a delusion | 30 | 30 | 10 | 30 |  |
| I regularly see meaning and symbols in everyday experiences. | 10 | 30 | 20 | 30 | 10 |
| I often read my horoscope. | 30 | 40 |  | 20 | 10 |
| People who believe in psychics are prone to cognitive biases. |  | 30 | 20 | 50 |  |
| A sense of "deja vu" could be explained by past lives. | 20 | 50 | 10 | 20 |  |
| There are forces in the universe that are beyond the comprehension of human consciousness. |  | 10 | 20 | 30 | 40 |
| Once people die, only their physical remains continue to exist | 20 | 30 | 10 | 40 |  |
| I believe in karma: what goes around, comes around. |  | 20 | 30 | 30 | 20 |
| I have felt the presence of deceased persons after they have passed away | 20 | 30 | 10 | 20 | 20 |
| All phenomena have a rational explanation, even if science cannot explain it yet. |  | 10 | 10 | 40 | 40 |
| All phenomena have a rational explanation, even if science cannot explain it yet |  | 10 | 10 | 40 | 40 |
| I have had a premonition about an event occurring before it has taken place. | 20 | 50 | 10 |  | 20 |
| I have experienced strange occurrences that do not have a logical or scientific explanation. | 10 | 40 |  | 40 | 10 |
| Mediums are not genuinely able to communicate with deceased persons, and use techniques such as "cold reads" to fool people. | 10 |  | 30 | 60 |  |
| I have walked into a particular place and have felt uneasy or a bad "vibe". |  | 10 | 10 | 60 | 20 |

**Discussion**

In this study, social phobia among respondents was assessed by using a self-administered questionnaire. Self-report questionnaires using the Likert scale questions were used to assess the social anxiety. Other studies also support this as a useful assessment tool for determining social anxiety (Kampmann, Emmelkamp, & Morina, 2018). Most of the respondents reported a high level of fear in social settings, fear of negative evaluation and also avoidance in a social setting. These results are inconsistent with other studies in which fear of negative evaluation associated with social anxiety were reported (Kampmann et al., 2018). In this study, no association is seen between social phobia and conspiracy theory in contrary a study was conducted in which positive correlation was seen between social anxiety and conspiracy theory (Grzesiak-Feldman, 2013). Most of the respondents in this survey do not believe in karma. this result is contradictory with the other studies (Kopalle, Lehmann, & Farley, 2010)

**Conclusion**

In this survey different test was used to assess the social phobia, attitude and belief of respondents. Overall this survey showed that social phobia was present in most of the respondents. This study provided the descriptive statistics of the respondent’s attitude towards social phobia, but inferential statistics were not carried out. Secondly, this survey was carried out on a small number of respondents. The results suggested that, this survey should be conducted on a large level to generalize the results to the whole population.

**References**

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