

Face-to-Face Communication Avoidance Scale for University Students

Instructions

Below is a set of statements that describe your feelings and behaviors in face-to-face communication situations. Please read each statement carefully and indicate to what extent it applies to you using the following scale:

Always (5) Often (4) Sometimes (3) Rarely (2) Never (1)

1. I avoid situations that require me to speak in front of a large group of peers
2. I feel uncomfortable when I have to speak with my university professor in their office
3. I prefer communicating online rather than attending face-to-face study meetings
4. I hesitate to participate in class discussions even when I know the answer
5. I avoid working in study groups that require direct interaction
6. I feel tense when I have to speak during class presentations
7. I prefer sending text messages to my colleagues rather than meeting them in person
8. I feel distressed when asked to participate in group discussions
9. I hesitate to ask for help from my peers face-to-face
10. I avoid participating in student activities that require direct interaction
11. I feel nervous when speaking in work group meetings
12. I prefer studying alone rather than in groups
13. I avoid attending social gatherings with my university colleagues
14. I feel anxious when I have to talk to someone I don't know well on campus
15. I avoid going to professors' office hours even when I need assistance
16. I find it difficult to express my ideas clearly in face-to-face situations
17. I feel that my personality makes me tend to be introverted in social situations
18. I lack confidence in my ability to have successful face-to-face conversations
19. I feel that direct communication drains my energy significantly
20. I prefer listening to others rather than participating in conversations
21. I find it difficult to form new friendships at university
22. I feel exhausted after direct social interactions
23. I prefer working alone rather than as part of a team
24. I feel tense when trying to start a conversation with someone new
25. I find it difficult to maintain eye contact during conversations
26. I feel that others misunderstand my expressions and gestures
27. I hesitate to express my opinion for fear of criticism
28. I feel frustrated when I cannot express my feelings clearly
29. I find it difficult to understand others' body language
30. I feel embarrassed when talking about my personal achievements
31. I feel embarrassed about speaking loudly in public places
32. I avoid situations that might cause embarrassment to me or others
33. I worry about violating social norms during communication

34. I hesitate to disagree with the opinions of older or higher-status persons
35. I worry about making social mistakes during direct communication
36. I feel pressured to behave in certain ways in social situations
37. I avoid expressing my emotions for fear of cultural rejection
38. I hesitate to ask questions for fear of appearing inappropriate
39. I avoid situations that require me to defend my point of view
40. I worry about my actions being judged from a cultural perspective
41. I avoid situations that might lead to conflict or disagreement
42. I feel pressured to agree with others to maintain harmony
43. I hesitate to participate in discussions about culturally sensitive topics
44. I worry about not respecting acceptable social boundaries