

### **Social Distancing Phobia Scale Items**

1. When I go outside, my heart beats faster when the distance between me and someone is less than one meter.
2. When I go out, I get excited when the distance between me and someone is less than a meter.
3. When I go out and approach a person less than a meter away, my stomach hurts.
4. When I go out and get less than a meter away from a person, my chest narrows.
5. When I go out and someone I don't know coughs less than a meter away, I'm afraid I'll catch a virus.
6. When I go out, I worry about trying to keep my social distance with other people.
7. The thought of keeping social distance with other people when I go out stresses me out.
8. The thought of trying to maintain social distance with other people makes me uneasy.
9. Trying to keep my social distance when I enter crowded environments worries me.
10. When I go out, I immediately worry when the distance between me and someone is less than a meter.
11. When I go out, I get scared when the social distance between me and someone is less than one meter.
12. When I go out, I get worried when someone passes me very close (less than one meter).
13. When I go out, I take care to keep my distance so as not to approach a person less than one meter.
14. When I go out, I make an effort to keep my social distance with other people.
15. In my daily life, I do not have physical contact (shaking hands, hugging) with people other than my family.
16. I avoid meeting my friends in closed areas to maintain social distance.
17. I do not accept guests in my house to maintain social distance.

\*The participants indicate their level of agreement with the statements using a five-item Likert-type scale. Answers included "always," "very often," "sometimes," "rarely," and "never." The minimum score possible for each question is 1, and the maximum is 5. A total score is ranging from 17 to 85. In addition to the overall total score of the scale, the scores obtained in the subscales range from 4 to 20 for physiological response, from 8 to 40 for emotional response, and from 5 to 25 for behavioral response. High scores obtained from the scale indicate that the individual has a high level of social distancing phobia.