Validation of the Social Phobia and Anxiety Inventory-Brief form (SPAI-B) in Spanish young adults (pp. 505-528)

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This article describes the psychometric properties of the Social Phobia and Anxiety Inventory-Brief form (SPAI-B) in college young adults and examines the feasibility of the Internet administration. Study 1 included 310 college students. The SPAI-B, the Brief Version of the Fear of Negative Evaluation Scale (BFNE), and the Positive and Negative Affect Schedule (PANAS) were administered. Results supported the original unidimensional structure of the SPAI-B, its internal consistency (0.89-0.94), and the concurrent validity, paired with BFNE (0.60) and negative affect (0.47). Women had significantly higher scores than men in the SPAI-B. For study 2, 76 college students completed the SPAI-B and the Trait Meta-Mood Scale-24 Scale via Internet administration. Results indicated that the online administration was equivalent to traditional paper-and-pencil measure, showing similar factor structure, internal consistency (0.92) and mean scores. Taken together, the findings of studies 1 and 2 provide initial support for the reliability and validity of the SPAI-B for the assessment of social anxiety in college young adults.