

Safety Behaviors Experiment and Video Feedback Recording Form

Description of situation:

Feared outcome(s) of situation:

Safety behaviors typically engaged in to prevent negative outcomes:
(please place a star (*) next to the most important/most relied upon safety behavior)

Ratings for safety behaviors experiment:

Rating (use 0-10 scale)		With safety behaviors and self-focused attention	Without safety behaviors and with outwardly focused attention
	Predicted	Actual	Actual
How self-focused were you during the experiment? (0 = completely outwardly focused; 10 = completely self-focused.)			
How anxious do you expect to feel/did you feel?			
How anxious do you expect to appear/think you appeared?			
How do you think your overall performance will be/went?			
Other –			
Other –			

- The “Other” boxes should be filled in with individualized feared outcomes. Please do not leave blank.

What did you learn from the exercise?

Video Feedback

Patients should be asked to close their eyes and vividly picture what they expect to see on the video. Predictions should be made along the same dimensions as with the actual experiment (e.g., look anxious, overall performance, other predictions that can be evaluated with video feedback), as well as any other predictions patients make based on their internal image of how they think they came across:

Rating (use 0-10 scale)	With safety behaviors and self-focused Attention		Without safety behaviors and with outwardly focused attention	
	Predicted (What I expect to see)	Actual (What I really see when I watch as an objective observer)	Predicted (What I expect to see)	Actual (What I really see when I watch as an objective observer)
How anxious do you think you appeared?				
How do you think your overall performance was?				
Other (from above, if applicable) –				
Other (from above, if applicable) –				
Other (based on what they expect to see in video) --				
Other (based on what they expect to see in video) --				

What did you learn from the video feedback?

Confederate Ratings

Ratings can be collected from the confederate at the therapist's discretion.

Some predictions will be best evaluated via the feedback of the confederate(s) who participated in the experiment with the patient. Confederates can be asked about the same dimensions as the patient examined during the actual experiment (e.g., feel anxious, look anxious, overall performance, other specific predictions), as well as any other predictions patients make that are based on what the confederate thinks of them.

A few tips to consider:

- It is a good idea to include some predictions that pertain to long-term consequences (e.g., “How likely is it that this person will want to chat with you again, be your friend, etc.)
- The confederate can also be asked to report on his/her own anxiety (or other symptoms, like blushing) during the exposure. The patient should be asked to rate the confederate on these dimensions as well.

Rating (use 0-10 scale)	Experiment # 1 (<i>with safety behaviors and self-focused attention</i>)	Experiment #2 (<i>without safety behaviors and with outwardly focused attention</i>)
How anxious do you think that _____ felt?		
How anxious do you think that _____ appeared?		
How do you think _____'s overall performance was?		
How anxious were <i>you</i> during the exposure?		
Other –		
Other –		

For the patient: What did you learn from the confederate's feedback?