

Social Anxiety Test

Instructions: When taking the Social Anxiety Test, answer the questions based on how you have been feeling for the last 30 days. The term "social" in this test means situations in which you are around other people.

- 1) Do you have an intense fear that you will do or say something that will embarrass you in front of other people?
 Yes
 No
- 2) Are you continually afraid of making a mistake in front of other people?
 Yes
 No
- 3) Do you constantly feel you are being watched and judged by other people?
 Yes
 No
- 4) Does your fear of embarrassment or humiliation keep you from doing things you really want to do?
 Yes
 No
- 5) Does your fear of embarrassment keep you from speaking to people?
 Yes
 No
- 6) When you have to go to a feared social situation or event, do you worry about it for days or even weeks ahead of time?
 Yes
 No
- 7) Do you have an intense fear of meeting new people or being in situations where you don't know people well?
 Yes
 No
- 8) Before or during any kind of feared social situation, do you experience any physical symptoms such as nausea, trembling, blushing, or sweating?
 Yes
 No
- 9) Have you ever had a panic attack before or during a feared social situation as a result of your anxiety about the situation?
 Yes
 No
- 10) Do you try to avoid social situations that cause you anxiety, if at all possible?

Yes
 No

11) Do you sometimes drink to make the feared social situations easier to handle?

Yes
 No

12) Has your anxiety about certain social situations interfered with your normal routine?

Yes
 No

13) Has your anxiety about certain social situations interfered with your functioning at work or school?

Yes
 No

14) Has your anxiety about certain social situations kept you from having friendships or other relationships or any kind of social life?

Yes
 No

Scoring: Social Anxiety Disorder (SAD). The closer you are to a score of 14, the more likely it is that you have Social Anxiety Disorder.

In patients with SAD, feared social or performance situations typically provoke an immediate anxious reaction ranging from diffuse apprehension to situational panic. To meet the diagnostic criteria for Social Anxiety Disorder, the symptoms must be severe enough to cause significant distress or disability.

Help is available through anti-anxiety medications and various therapies for Social Anxiety Disorder. Please print out your Social Anxiety (Social Phobia) test and score and share it with your doctor or therapist.

Remember, this is NOT a diagnosis. Only a doctor or qualified mental health professional can make a diagnosis of Social Anxiety Disorder and recommend treatments.