

Social Anxiety, Social Phobia Test

Use this Social Anxiety (Social Phobia) test to help determine if you have the symptoms of Social Anxiety Disorder (SAD) and whether you should seek a diagnosis or treatment for Social Anxiety Disorder from a qualified doctor or mental health professional.

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.

Do you have an intense fear that you will do or say something that will embarrass you in front of other people?

Yes

No

Are you continually afraid of making a mistake in front of other people?

Yes

No

Do you constantly feel you are being watched and judged by other people?

Yes

No

Does your fear of embarrassment or humiliation keep you from doing things you really want to do?

Yes

No

Does your fear of embarrassment keep you from speaking to people?

Yes

No

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

Do you have an intense fear of meeting new people or being in situations where you don't know people well?

Yes

No

Before or during any kind of feared social situation, do you experience any physical symptoms such as nausea, trembling, blushing, or sweating?

Yes

No

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

Do you try to avoid social situations that cause you anxiety, if at all possible?

Yes

No

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

Yes

No

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

Yes

No

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

Yes

No

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

Yes

No

Scoring: The more you answered “YES”, 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. Call Associated Counseling for help.

This social anxiety-social phobia test is based upon the Diagnostic and Statistical Manual of Mental Disorders (American Psychiatric Association, 4th Ed.) criteria for social anxiety disorder. 2004. All rights reserved.