

# Social Anxiety Checklist\*

If you think you might have social anxiety symptoms, this checklist can help you talk about your concerns with your doctor.

Just print this page, answer the questions and take the finished checklist to an appointment with a doctor or other healthcare professional. Your answers can help your doctor determine if you have social anxiety.

1.  Yes  No Do you get very nervous when around other people or in social situations?
2.  Yes  No Do you fear or avoid meeting new people?
3.  Yes  No Do you fear or avoid talking to your boss – or anyone in charge?
4.  Yes  No Do you fear or avoid speaking in front of groups?
5.  Yes  No Do you fear or avoid drawing any attention to yourself?

## Think about the last time you were in a social situation.

6.  Yes  No Did you feel like everyone was watching and/or judging you?
7.  Yes  No Were you scared of making a mistake or looking like a fool?
8.  Yes  No Did you blush?
9.  Yes  No Did you sweat?
10.  Yes  No Did you tremble or shake?
11.  Yes  No Did your heart race or pound?
12.  Yes  No Were you afraid that people would notice that you showing these signs of anxiety?
13.  Yes  No Are you troubled by knowing your fear is excessive or unreasonable?
14.  Yes  No Do you go to great lengths stay away from certain people, places or social events because of this fear?
15.  Yes  No Does all of this interfere with your daily life?

\*Adapted from Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition. Washington, DC, American Psychiatric Association, 1994.

If any of these questions make you think, “that sounds like me,” and are interfering with your life, discuss the answers to this checklist with your doctor or other healthcare professional. Only a doctor or qualified healthcare professional can make a diagnosis of social anxiety disorder.

The information contained on this site is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. This checklist is intended only for the purpose of identifying symptoms of social anxiety disorder and is not designed to provide a diagnosis or treatment. Only a doctor or other qualified healthcare professional can make a diagnosis of social anxiety disorder or determine a treatment plan.

