

Social Anxiety Disorder (SAD) or Social Phobia

People with SAD feel anxious or nervous in one or more social situations. While most people feel anxious some of the time in some social situations, for people with SAD, the anxiety is strong and long-lasting and gets in the way of them doing things they want to do, especially when they avoid social situations that cause them to feel uncomfortable.

Screening

Do you feel very nervous or anxious in any of the following situations? Do you feel a need to avoid any of these situations? If you answered “yes” and have found that the anxiety in one or more of these situations is getting in your way, you may consider speaking with your physician or mental health professional about your concerns.

- | | |
|---|---|
| ☐ Parties | ☐ Talking with people in authority |
| ☐ Participating in meetings or classes | ☐ Dating situations |
| ☐ Talking in front of a group | ☐ Initiating a conversation |
| ☐ Speaking with unfamiliar people | ☐ Maintaining a conversation |
| ☐ Using public restrooms | ☐ Other social situation |
| ☐ Writing in public, such as signing checks, filling out forms | |
| ☐ Being assertive, such as refusing unreasonable requests | |