

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.

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