

Social Phobia

Self-Test

Social phobia, or social anxiety disorder, affects more than 13 percent of Americans. It is a real and serious health problem that responds to treatment. The first step is seeking help. If you suspect that you might suffer from social phobia, complete the following self-test by checking the "yes" or "no" boxes next to each question and show the results to your health care professional.

HOW CAN I TELL IF IT'S SOCIAL PHOBIA?

Yes or No? Are you troubled by:

- Yes** **No** An intense and persistent fear of a social situation in which people might judge you?
Yes **No** Fear that you will be humiliated by your actions?
Yes **No** Fear that people will notice that you are blushing, sweating, trembling, or showing other signs of anxiety?
Yes **No** Knowing that your fear is excessive or unreasonable?

Does the feared situation cause you to:

- Yes** **No** Always feel anxious?
Yes **No** Experience a "panic attack", during which you suddenly are overcome by intense fear or discomfort, including any of these symptoms?
- | | | |
|-------------------------------------|------------------------------------|---------------------------------------------------------------------|
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Pounding heart |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Sweating |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Trembling or shaking |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Shortness of breath |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Choking |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Chest pain |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Nausea or abdominal discomfort |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | "Jelly" legs |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Dizziness |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Feelings of unreality or being detached from yourself |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Fear of losing control, "going crazy" |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Fear of dying |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Numbness or tingling sensations |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Chills or hot flashes |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Go to great lengths to avoid participating in the feared situation? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Does all of this interfere with your daily life? |

Having more than one illness at the same time can make it difficult to diagnose and treat the different conditions. Illnesses that sometimes complicate anxiety disorders include depression and substance abuse. With this in mind, please take a minute to answer the following questions:

- Yes** **No** Have you experienced changes in sleeping or eating habits?

More days than not, do you feel:

- Yes** **No** Sad or depressed?
Yes **No** Disinterested in life?
Yes **No** Worthless or guilty?

During the last year, has the use of alcohol or drugs:

- Yes** **No** Resulted in your failure to fulfill responsibilities with work, school, or family?
Yes **No** Placed you in a dangerous situation, such as driving a car under the influence?
Yes **No** Gotten you arrested?
Yes **No** Continued despite causing problems for you and/or your loved ones?