

Identification Guide for Social Anxiety Disorder

What is Social Anxiety Disorder?

Also known as social phobia, social anxiety disorder is the fear of being involved in social situations that require interaction with other people. Individuals with social anxiety disorder are worried that they may be judged and evaluated by other people. If a person who avoids social situations seems more at ease when they are alone, then "social anxiety" may be the problem.

What to Look For: Signs and Symptoms of Social Anxiety Disorder

- Fear of meeting other people
- Fear of being teased or criticized
- Avoiding the center of attention
- Fear of being watched or observed
- Fear of public speaking
- Fear of meeting important people
- Feeling unable to interact in group discussions.
- Getting embarrassed easily
- Avoiding eye contact
- Excessive sweating in public
- Trembling and muscle twitches in social situations

Facts About Social Anxiety Disorder

- Social anxiety disorder is the third largest mental health problem in the United States
- People with social anxiety disorder know that their fears are irrational.
- The prognosis for the treatment of social anxiety disorder is very good under the treatment of a mental health professional.
- Social anxiety disorder affects up to 13 percent of the population.

Disclaimer - *This assessment is not intended to diagnose or treat any medical or emotional condition. It is advised that you consult a physician with any concerns regarding this questionnaire.*

Social Anxiety Disorder Identification Guidelines

- Are you worried that you might be embarrassed or humiliated when you go out in public?
- Do you feel nervous or anxious about participating in everyday social events?
- Do you avoid social or performance situations?
- Does fear or anxiety about a social event interrupt your daily life in any way?
- Have you felt this way for more than 6 months?

If the answer is yes to one or more of the questions above, please contact a mental health professional. Social anxiety disorder is treatable with the right interventions.



Brookhaven Hospital understands the particular needs of individuals experiencing social anxiety disorder. We provide a safe, supportive environment through our inpatient and outpatient programs. At Brookhaven, we are able to provide personal care for individuals suffering from this disorder.

Call us. We can help!

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