

Social Anxiety Disorder Symptom Checklist

Check for symptoms of social anxiety disorder you may experience. Complete the checklist.

Are you troubled by the key symptom of social anxiety disorder?

An extreme, constant fear of social situations in which people might judge you

Are you bothered by these additional symptoms?

Avoiding social situations

Intense self-consciousness in social settings

Physical symptoms such as blushing, sweating, trembling, or muscle tension

Unreasonable fear of embarrassment

Do you feel these symptoms interfere with your daily life?

Yes

No

Please note: This checklist is not a formal diagnostic tool. It is meant to help identify potential social anxiety disorder symptoms. Only a health care professional can diagnose social anxiety disorder. Other medical conditions may cause similar symptoms. Talk with your doctor.