

SOCIAL ANXIETY DISORDER CHECKLIST

This checklist is designed as a measure of disorder symptomatology. It must be interpreted in the context of individual client circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

- ☐ Excessive fear or anxiety about social situations involving possible scrutiny from others
- ☐ Concern about being negatively evaluated due to one's behaviour or anxiety symptoms
- ☐ Social situations almost always provoke anxiety or fear
- ☐ Avoidance of social situation(s) or endurance of them despite intense fear or anxiety

If a patient has experienced their symptoms consistently in relation to **1 or more** social situations over at least a **6 month period**, they may be experiencing **Social Anxiety Disorder**.

In this case, it is recommended that they be referred to a psychologist for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology at **strategicpsychology.com.au**

Reference:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5)*. Washington, D.C.: American Psychiatric Association.