

## Signs and Symptoms of Social Phobia

0 = Not at all; never. 1 = sometimes; a little. 2 = Moderately. 3 = strongly; nearly all the time.

Rating	Symptoms
_____	1. Do you feel really anxious when you feel that you are the centre of attention?
_____	2. Do you have trouble with anxiety in any of the following situations:
_____	- Typing or writing in front of others
_____	- Ordering food in front of others
_____	- Eating food in front of others
_____	- Carrying food or drinks in front of others
_____	- Speaking up in meetings (or class)
_____	- Going to social events
_____	- Delivering talks or speeches
_____	- Other.....
_____	3. Do you worry that people will be really angry with you if you make a mistake in front of them?
_____	4. Do you worry a lot about blushing or looking red in front of others?
_____	5. Do you worry a lot about shaking or trembling in front of others?
_____	6. Do you worry a lot about sweating excessively in front of others?
_____	7. Do you avoid places or situations because of this anxiety?
_____	8. How much does this interfere with different aspects of your life (social life, relationships, work, study...)?
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	.....

## **Instructions and Guidelines for use**

Any single question item that patients rates a '3' (strongly) warrants further questions and possible referral.

A **total score of 8** or above is indicative of a social anxiety problem and also warrants a referral to a clinical psychologist.

An information sheet is available for clients.

The **optimal treatment** for social anxiety is CBT with a clinician who can work with anxiety and low self-esteem (which is commonly comorbid). Some studies suggest that SSRIs add to the effectiveness in more severe presentations.

If you want to discuss treatment with a fully qualified psychologist, you can call  
Basten & Associates, Clinical Psychologists on 9891-1766.  
Chatswood Sydney Westmead  
[www.bastenpsychology.com.au](http://www.bastenpsychology.com.au)