

# DSM-V DIAGNOSTIC CRITERIA FOR SOCIAL ANXIETY DISORDER

## CONQUER SOCIAL ANXIETY

Holistic. Unbiased.  
Research-backed guidance.

A. **Marked fear or anxiety** about **one or more social situations** in which the individual is exposed to **possible scrutiny by others**. Examples include social interactions (e.g., having a conversation, meeting unfamiliar people), being observed (e.g., eating or drinking), and performing in front of others (e.g., giving a speech). Note: In children, the anxiety must occur in peer settings and not just during interactions with adults.

B. The individual fears that he or she will **act in a way** or **show anxiety symptoms** that will be **negatively evaluated** (i.e., will be humiliating or embarrassing: will lead to rejection or offend others).

C. The **social situations** almost always provoke **fear or anxiety**. Note: In children, the fear or anxiety may be expressed by crying, tantrums, freezing, clinging, shrinking, or failing to speak in social situations.

D. The social situations are **avoided** or **endured with intense fear or anxiety**.

E. The **fear or anxiety is out of proportion** to the actual threat posed by the social situation and to the sociocultural context.

F. The fear, anxiety, or avoidance is **persistent**, typically lasting for 6 months or more.

G. The fear, anxiety, or avoidance causes **clinically significant distress or impairment** in social, occupational, or other important areas of functioning.

H. The fear, anxiety, or avoidance is **not attributable** to the physiological **effects of a substance** (e.g., a drug of abuse, a medication) or another **medical condition**.

I. The fear, anxiety, or avoidance is **not better explained** by the symptoms of **another mental disorder**, such as panic disorder, body dysmorphic disorder, or autism spectrum disorder.

J. If **another medical condition** (e.g., Parkinson's disease, obesity, disfigurement from burns or injury) is present, the fear, anxiety, or avoidance is clearly **unrelated or is excessive**.

**Specify if: Performance only:** If the fear is **restricted to speaking or performing in public**. Individuals with the performance only type of social anxiety disorder have performance fears that are typically most impairing in their professional lives (e.g., musicians, dancers, performers, athletes) or in roles that require regular public speaking. Performance fears may also manifest in work, school, or academic settings in which regular public presentations are required. Individuals with performance only social anxiety disorder **do not fear or avoid nonperformance social situations**.