

## PHOBIA SELF-TEST

The most common kind of anxiety disorder, phobias—illogical yet powerful fears—If you suspect that you might suffer from a phobia, print and complete the test below then share the results with a health care professional.

### How can I tell if I have a phobia?

**Yes or no:** Are you troubled by any of the following?

- Yes**  **No**  Powerful and ongoing fear of social situations involving unfamiliar people
- Yes**  **No**  Fear of places or situations where getting help or escape might be difficult, such as in a crowd or on a bridge
- Yes**  **No**  Shortness of breath or a racing heart for no apparent reason
- Yes**  **No**  Persistent and unreasonable fear of an object or situation, such as flying, heights, animals, blood, etc.
- Yes**  **No**  Inability to travel alone

Having more than one illness at the same time can make it difficult to diagnose and treat different conditions. Illnesses that occasionally complicate anxiety disorders include depression and substance abuse. With this in mind, answer the following questions:

- Yes**  **No**  Have you experienced changes in sleeping or eating habits?

More days than not, do you feel any of the following?

- Yes**  **No**  Sad or depressed
- Yes**  **No**  Uninterested in life
- Yes**  **No**  Worthless or guilty

During the last year, has the use of alcohol or drugs...

- Yes**  **No**  resulted in your failure to fulfill responsibilities with work, school, or family?
- Yes**  **No**  placed you in a dangerous situation, such as driving a car under the influence?
- Yes**  **No**  gotten you arrested?
- Yes**  **No**  continued despite causing problems for you or your loved ones?

### Reference

*Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition. Washington, D.C., American Psychiatric Association, 1994.