

## Depression & Social Phobia Checklist

Between 10-15% of people will experience a major depressive episode at some stage in their lives. **Major depression** is characterized by persistent low mood and loss of enjoyment.

Its features include:

- Low mood or feelings of sadness or irritability, most of the time. The mood may be worse at certain times of day, typically in the morning.
- Loss of interest in one's surroundings, loss of enjoyment in activities, decreased sex drive.
- Sleep disturbance: difficulty getting off to sleep, or waking in the early hours of the morning and finding yourself unable to get back to sleep.
- Negative thoughts regarding yourself, surroundings and future. Often a person may become guilty over real or perceived misdeeds. In severe depressions of a 'psychotic' type, the person may develop untrue beliefs regarding themselves and others, and may experience hallucinations.
- Appetite disturbance: increase or decreased, which may be accompanied by weight changes.
- Fatigue and loss of energy
- Physical symptoms such as vague abdominal discomfort and headaches, often associated with anxiety.
- Problems with concentration and memory difficulties.
- Feelings of agitation or feeling 'slowed down'.
- Thoughts of death or suicide: such thoughts indicate the need for professional help.

**Social phobia** is a fear of social situations that involve interactions with other people. If you have social phobia you tend to worry about being judged badly by other people - being criticised, "put down" or embarrassed. It is equally common in men and women and is found across different cultures. Approximately 3 percent of the population suffer from social phobia.

Some typical social situations feared by people with social phobia include:

- Speaking in a group
- Giving a presentation or speech
- Meeting new people
- Being introduced
- Talking to someone in authority
- Being observed doing an activity
- Eating or drinking in public
- Using the telephone
- Going to a party
- Expressing your opinion
- Returning faulty goods
- Using public toilets
- Being the centre of attention
- Speaking to someone you're attracted to

Extracted from: Clinical Research Unit for Anxiety & Depression .. [www.crufad.org](http://www.crufad.org)

\* All information is intended as a guide only and should be used in association with your health professional  
Anxiety & Depression resources: [www.nevdgp.org.au/depression.htm](http://www.nevdgp.org.au/depression.htm)