**DSM-5 Definition of Social Anxiety Disorder**

The DSM-5 (2013) has made very minor changes in the definition of social anxiety disorder.  The definitional change:  from “The duration is at least 6 months” to “The fear, anxiety, or avoidance is persistent, typically lasting 6 or more months."  The rest of the diagnostic definition remains the same.

The new wording concerning time is something we think is minor.  People with social anxiety disorder that we see all fit into  "the fear, anxiety, or avoidance is persistent, typically lasting 6 or more months."

The Diagnostic and Statistical Manual of the American Psychiatric Association (APA) currently defines social anxiety disorder as follows:

The Current DSM-5  Definition:

A.  A persistent fear of one or more social or performance situations in which the person is exposed to unfamiliar people or to possible scrutiny by others. The individual fears that he or she will act in a way (or show anxiety [symptoms](https://socialanxietyinstitute.org/node/12)) that will be embarrassing and humiliating.

B.  Exposure to the feared situation almost invariably provokes anxiety, which may take the form of a situationally bound or situationally pre-disposed Panic Attack.

C.  The person recognizes that this fear is unreasonable or excessive.

D.  The feared situations are avoided or else are endured with intense anxiety and distress.

E.  The avoidance, anxious anticipation, or distress in the feared social or performance situation(s) interferes significantly with the person's normal routine, occupational (academic) functioning, or social activities or relationships, or there is marked distress about having the phobia.

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

G. The fear or avoidance is not due to direct physiological effects of a substance (e.g., drugs, medications) or a general medical condition not better accounted for by another mental disorder...