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Section 01

Article with Notes

Research question: what is the effect of social anxiety on class attendance?

Finning, K., Ukoumunne, O. C., Ford, T., Danielson - Waters, E., Shaw, L., Romero De Jager, I., Stentiford, L., & Moore, D. A. (2019). Review: The association between anxiety and poor attendance at school – a systematic review. *Child and Adolescent Mental Health*, 24(3), 205–216. <https://doi.org/10.1111/camh.12322>

Major Results and Key Findings:

The results indicated connections between skipping school and various anxiety disorders, including social anxiety and generalized anxiety. The findings through cross-sectional analyses also showed that there were links between school refusal and separation anxiety, generalized anxiety orders.

Other Information:

- 4930 articles were screened and eleven studies from six countries were included.
- School attendance was divided into four categories: (a) total absences, (b) absences due to medical reasons or with proper excuses, (c) unexcused absences for truancy, and (d) instances of school refusal.

Russell, G., & Topham, P. (2012). The impact of social anxiety on student learning and well-being in Higher Education. *Journal of Mental Health*, 21(4), 375–385. <https://doi.org/10.3109/09638237.2012.694505>

Major Results and Key Findings:

This preliminary research highlights the importance of improving educational support for students dealing with social anxiety.

Other Information:

- To understand the perspectives of students dealing with social anxiety, participants were encouraged to share their thoughts freely on three specific areas of interest.

Archbell, K. (n.d.). *Too Anxious to Talk: Social Anxiety, Communication, and Academic Experiences in Higher Education*. <https://doi.org/10.22215/etd/2020-14091>

*Major Results and Key Findings:

In the findings, it was observed that social anxiety had negative associations with speaking to instructors, emotional well being, and interactions with other students. Effective academic communication played an important role in explaining the connections between social anxiety and student experiences.

Other Information:

- The study involved 1,073 college students who filled out a set of self-reported surveys.
- The study aimed to connect social anxiety, interactions with peers and professors, student experiences (such as involvement, sense of belonging, and contentment), and signs of emotional well-being in a university setting

Hakami, R. M., Mahfouz, M. S., Adawi, A. M., Mahha, A. J., Athathi, A. J., Daghreeri, H. H., Najmi, H. H., & Areeshi, N. A. (2017). Social anxiety disorder and its impact in undergraduate students at Jazan University, Saudi Arabia. *Mental Illness*, 9(2), 42–47.
<https://doi.org/10.1108/mi.2017.7274>

*Major Results and Key Findings:

Students who tested positive for Social Anxiety Disorder were shown to have a higher amount of challenges in their professional, social, and home lives. They also experienced a lower quality of life.

Other Information:

- The main goal of the study was to examine the commonness, severity, related disabilities, and the influence of Social Anxiety Disorder among undergraduate students at Jazan University.