

Social anxiety/Social phobia [1]

Meaning:-

- ▶ is the fear of interaction with other people.
- ▶ brings on self-consciousness:
 - feelings of being negatively judged and evaluated,
 - feelings of inadequacy
 - inferiority
 - embarrassment
 - humiliation
 - Depression.
 - Leads to avoidance.
- ▶ Symptoms include emotional distress in the following situations:
 - Being introduced to other people
 - Being teased or criticized
 - Being the center of attention
 - Being watched while doing something
 - Meeting people in authority ("important people")
 - Most social encounters, especially with strangers
 - Going around the room (or table) in a circle and having to say something
 - Interpersonal relationships, whether friendships or romantic
- ▶ Consequences for individuals with social phobia
 - Suffer from Depression
 - Lower success rate in educational
 - Less likely to graduate high school
 - Less in skilled occupation
 - Earn lower income
 - Less likely to marry
 - More often live with parents

Treatment Goals

- ▶ Reduce anxiety symptoms -distorted cognitions
- ▶ Reduce phobic avoidance
- ▶ Reduce disability and impairment
- ▶ Identify and treat disorders

Medication for social phobia [2]

The primary class of drugs used to treat social anxiety are called selective [serotonin](#) reuptake inhibitors (SSRIs). This class of drugs was first developed to treat [depression](#) and so are often referred to as antidepressants. Since then, however, they have been found to be effective in the treatment of a wider range of disorders.

Common SSRIs include Paxil (paroxetine), Zoloft (sertraline), Prozac (fluoxetine), and Luvox (fluvoxamine).

References:

[1] <https://socialanxietyinstitute.org/what-is-social-anxiety>

[2] <https://psychcentral.com/disorders/anxiety/social-anxiety-disorder-treatment/>