**BCM 312 ASSIGNMENTS**

**BCM/K/0530/2023**

*Discuss anxiety disorders under the following heading;*

1. Aetiology
2. Epidemiology
3. Symptoms and signs
4. Diagnosis
5. Assessment
6. Treatment

**Social anxiety disorder**

A chronic medical health condition in which social interactions cause irrational anxiety.

For people with social anxiety disorder, everyday social interactions cause irrational anxiety, fear, self-consciousness and embarrassment.

In social anxiety disorder, fear and anxiety lead to avoidance that can disrupt your life. Severe stress can affect your relationships, daily routines, work, school or other activities.

Learning coping skills in psychology and taking medication can help you gain confidence and improve your ability to interact with others .

Feelings of shynes or discomfort in certain situations aren’t necessarily signs of social anxiety disorder, particularly in children. Comfort levels in social situations vary depending on personality traits and life experiences. Some people are naturally reserved and others are more outgoing.

In contrast to everyday nervousness, social anxiety disorder includes fear, anxiety and avoidance that interfere with relationships, daily activity/routines, work, school or other activities. Social anxiety disorder typically begins in the early to mid-teens, though it can sometimes start in younger children or in adults.

**Emotional and behavioral symptoms**

1. Fear of situations in which you may be judged negatively
2. Worry about embarrassing or humiliating yourself
3. Intense fear of interacting or talking with strangers
4. Fear that others will notice that you look anxious
5. Fear of physical symptoms that may cause you embarrassment, such as blushing, sweating, trembling or having as shaky voice.
6. Avoidance of doing things or speaking to people out of embarrassment.
7. Avoidance of situations where you might be center of attention.
8. Anxiety in anticipation of a feared activity or event.
9. Intense fear or anxiety during social situations.

**Physical symptoms**

* Blushing
* Fast heart beat
* Trembling
* Sweating
* Upset stomach or nausea
* Dizziness or light head ness
* Feeling that your mind has gone blank
* Muscle tension

**Social consequences**

* Interacting with unfamiliar people or strangers
* Avoidance of attending parties or social gatherings
* Avoidance of going to work or school
* Difficulty in starting conversations
* Difficulty in making eye contact
* Difficulty in dating
* Difficult in entering a room with people who are already seated
* Difficulty in eating in front of others
* Difficulty in using public restroom.

**Causes**

* Inherited traits - Runs in family /though under no clear circumstance
* Brain structure – Amygdala may play a role in controlling the fear response. People who have overreactive amygdala may have a heightened fear response causing increased anxiety in social situation.
* Environment: it may be a learned behavior

**Risk factors**

1. Family history
2. Negative experiences
3. Temperament
4. New social or work demands
5. Having an appearance or condition that draw attention

**Complication**

* Low self-esteem – isolation and difficult social relationships
* Trouble being assertive – low academic and employment achievement
* Negative self -talk – substance abuse, such as drinking too much alcohol
* Poor social skills – suicide or suicide attempts.

**DX**

* Detailed physical examination to exclude all medical conditions
* Diseases of your symptoms, how often they occur and what situations.
* Review of a list of situations to see if the make you anxious.

**Criteria for diagnosis**

* Persistence, intense fear or anxiety about specific social situations because you believe you may be judged negatively, embarrassment / humiliated.
* Avoidance of anxiety producing social situations or enduring them with intense fear or anxiety.
* Excessive anxiety that’s out of proportion to the situation
* Anxiety or distress that interferes with your daily living.
* Fear of anxiety that is not better explained by a medical condition, medication or substance abuse.

**Treatment**

* Depends on severity.
* Psychotherapy is the treatment of choice or medication can also be administered.
* Cognitive behavioral therapy (CBT) is effective cure of psychology for anxiety.

**Medication**

1. SSRTs, e.g., paroxetine
2. Serotonin norepinephrine re uptake inhibitor e.g., venlafaxine
3. Other antidepressants
4. Ant-anxiety medications B - blockers