

## Fast Facts

### Social Anxiety Disorder

- Also called social phobia
- Individual experiences significant anxiety, fear, self-consciousness or embarrassment from everyday situations because they fear being scrutinized or judged by others
  - Leads them to avoiding certain places, situations or things, which can affect their daily routine, work, school or other activities
- Cause is a combination of factors interacting together, such as family members with anxiety or an overactive amygdala because it controls your body's fear response
- Parents who are more controlling or overprotective often have children who are more anxious
  - Some individuals have anxiety about a particular thing after they had an embarrassing/unpleasant social situation involving a similar scenario in the past
- Somethings that can provoke social anxiety disorder include interacting with unfamiliar people/strangers, attending parties/social gatherings, going to work/school, starting conversations, making eye contact, dating, entering a room in which people are already seated, returning items to a store, eating in front of others and using a public restroom

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Emotional/Behavioral:</i></p> <ul style="list-style-type: none"> <li>-Fear of situations in which you may be judged</li> <li>-Worrying about embarrassing/humiliating yourself</li> <li>-Intense fear of interacting/talking with strangers</li> <li>-Fear that others will notice that you're anxious</li> <li>-Fear of physical symptoms embarrassing you</li> <li>-Avoiding doing things</li> <li>-Avoiding speaking to people</li> <li>-Avoiding situations where you might be the center of attention</li> <li>-Having anxiety in anticipation of a feared activity/event</li> <li>-Enduring a social situation with intense fear/anxiety</li> <li>-Spending time after a social situation analyzing your performance to identify flaws in your interactions</li> <li>-Expecting the worst possible consequences from social situation</li> <li>-Younger children who have anxiety about interacting with</li> </ul>	<p><i>Goal:</i> Reduce how much of an impact the disorder has on your daily life</p> <p><i>Psychotherapy:</i></p> <ul style="list-style-type: none"> <li>-Most effective, especially cognitive behavior therapy</li> <li>-Don't miss therapy appointments</li> <li>-Challenge yourself by setting realistic goals</li> <li>-Take medications as prescribed</li> <li>-Inform your doctor if you have any changes in your condition</li> </ul> <p><i>Medications:</i></p> <ul style="list-style-type: none"> <li>-Selective serotonin reuptake inhibitors (SSRIs)</li> <li>-Serotonin and norepinephrine reuptake inhibitors (SNRIs)</li> <li>-Others are antidepressants, benzodiazepines or beta blockers</li> </ul> <p><i>Other Considerations:</i></p> <ul style="list-style-type: none"> <li>-Learn stress reduction techniques</li> </ul>	<ul style="list-style-type: none"> <li>-Hard to prevent because there isn't a way to predict what could cause you to develop it</li> </ul> <p><i>Prevent the disorder from taking over your life by:</i></p> <ul style="list-style-type: none"> <li>-Get help early</li> <li>-Keep a journal of your life so you can identify areas that cause you stress and what helps you overcome them</li> <li>-Prioritize what you need to do each day so you can focus your time and energy on the things that you need to and find time to participate in activities that you enjoy</li> <li>-Avoid alcohol, caffeine and nicotine</li> </ul>

<p>adults or peers, they may cry, have a temper tantrum, cling to their parents or refuse to speak in social situations</p> <p><i>Physical:</i></p> <ul style="list-style-type: none"> <li>-Fast heartbeat</li> <li>-Trembling</li> <li>-Sweating</li> <li>-Upset stomach</li> <li>-Nausea</li> <li>-Trouble catching your breath</li> <li>-Dizziness/lightheadedness</li> <li>-Feeling that your mind has gone blank</li> <li>-Muscle tension</li> </ul>	<ul style="list-style-type: none"> <li>-Live a healthy lifestyle by getting exercise or be physically active on a regular basis, getting enough sleep and eating a healthy, well-balanced diet</li> <li>-Avoid alcohol, nicotine and caffeine</li> <li>-Take time to do things that you enjoy</li> <li>-Ask someone you feel comfortable with to go with you to a social situation</li> <li>-Prepare for conversation by reading an interesting news story that you can talk about</li> </ul>	
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