

Social anxiety

[Health & Medicine](#), [Alcoholism](#)



Anxiety With awareness of different mental and psychologically disorders on the rise, one in particular caught my eye. Social anxiety disorder has always intrigued me due to its close relationship to shyness and has sparked many different questions pertaining to how this disorder differs from just being shy. For my research paper, I would like to explore how this disorder's symptoms are different from being shy as well as explore why people with social anxiety exhibit these symptoms.

In exploring why people exhibit symptoms, I hope to find different studies that show how social anxiety disorder affects the brain and how people with the disorder's brains differ from people who do not suffer from it. Along with this, I would also like to be able to thoroughly explain how the disorder affects the daily lives of sufferers and when symptoms of the disorder begin as well as how to recognize that these symptoms correlate to having social anxiety disorder. For my research paper, I would like to explain different treatments for the disorder and figure their effectiveness as well as why they are effective.

I will also be examining the correlation between social anxiety and many other different mental or psychological disorders and determining if there is a direct relationship between any two. Amiss, P. L. , M. G. Gelded, and P. M. Shaw. " Social Phobia: A Comparative Clinical Study. " *The British Journal of Psychiatry* 142. 2 (1983): 174-79. Print. This article discusses a study in which symptom's of people with social anxiety were compared with symptoms of people with agoraphobia. The study was conducted to prove that certain symptoms were distinct to a certain disorder.

The homonyms were assessed through clinical, questionnaire, and demographic data. The results showed that symptoms of social anxiety differed from agoraphobia as social anxiety symptoms were more apparent and voluble to others. This source will be helpful in my research as I will be able to reference this when I am explaining different symptoms of social anxiety disorder. With the support of this article, I will be able to make claims that indicate that many symptoms of social anxiety disorder are unique to this disorder only. Connors, K. M. Psychometric Properties of the Social Phobia Inventory (SPIN): New Self-rating Scale. *The British Journal of Psychiatry* 176. 4 (2000): 379-86. Print. Before this study, no social phobia scales incorporated variables such as fear, avoidance, and physiological symptoms. The author of the article created a new scale called the Social Phobia Inventory (SPIN which incorporated each of these previously unused variables. A study was conducted to assess the validity of this new scale and results were obtained which indicated that this test correctly measured social phobia levels and was responsive to change over time.

This source will be helpful for my research paper as it gives many efferent examples of different tests used to determine if an individual suffers from correctly diagnose someone with the disorder. I will incorporate this in my paper when talking about how people are diagnosed with social anxiety disorder. Craig, Ashley, and Woven Train. " Fear of Speaking: Chronic Anxiety and Stammering. " *Advances in Psychiatric Treatment* 12. 1 (2006): 63-68. *Advances in Psychiatric Treatment*. Web. 31 Mar. 2014 This article reviews the relationship of stammering as a child and the prevalence of social anxiety.

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Stammering when young is usually caused by higher anxiety levels of the child in question. The article shows that children who stammer when they are younger are at a higher risk of developing social anxiety disorder. It also talks about why children stammer and identifies the social fears associated with it. I will use this in my research paper to identify early onset symptoms of people with social anxiety. The article goes into great detail over the social fears experienced by the children who stammer and explains the relationship between this and social anxiety.

From this, I will be able to go into further detail over the social anxiety symptom of stammering and explain what causes the behavior. Marilyn J. Essex, Marjorie H. Klein, Marcia J. Clattery, H. Hill Goldsmith, Ned H. Kaolin; Early " Risk Factors and Developmental Pathways to Chronic High Inhibition and Social Anxiety Disorder in Adolescence. " American Journal of Psychiatry. There has been evidence that suggests that high levels of behavioral inhibition act as a precursor for social anxiety disorder.

The authors of this article took it upon themselves to evaluate and identify the different risk factors that may also play a part in development of the disorder. They conducted a study which evaluated 238 children who they followed from birth until the 9th grade. Different behavioral factors were evaluated in each participant. After evaluating each factor in the children, results showed that each factor examined accounted for greater and chronic inhibition. By the ninth grade, the study indicated that chronic high inhibition was associated with a lifetime of social anxiety disorder.

Conclusions were made that high levels of inhibition were directly related to the development of social anxiety by adolescence. I will be able to use this source in my research paper to show the early signs of social anxiety. How the disorder develops will also be expanded upon using this article in my paper. Mark Olefins, Mary Guardian, Elmer Strutting, Franklin R. Schneider, Fred Hellman, Donald F. Klein; " Barriers to the Treatment of Social Anxiety. " American Journal of Psychiatry. 4. 1 57(2000): 521-527. 22 Mar 2014.

Despite the advancement in availability to treatments for social phobia, many adults do not seek help for their problems. The authors of this article evaluated the barriers to treatment for adults with social anxiety disorder and conducted a study that involved adults who participated in the National Anxiety Disorders Screening Day in 1996. Background characteristics of individuals with symptoms of social anxiety were compared to those who participated in the screening who had no symptoms of social anxiety disorder. The barriers to previous mental health treatment for all participants in the study were evaluated and compared.

The results of the study indicated that people with social anxiety have a higher risk of functional impairment and feelings of isolation as well as run a higher risk of suicide. They also reported financial barriers, uncertainty of where to seek help, and fear of what others may think which decreased the likelihood for them to seek help. Conclusion were preventing sufferers from seeking the proper help needed. From this study, I will be able to take the results and relay them into my research paper to show the different barriers people who suffer from the disorder have.

I will also be to show that without properly sought out help, many people are left with serious symptoms that affect their daily lives. Michael, M. , and M. Brushwood. " Social Anxiety Disorder in First- episode Psychosis: Incidence, Phenomenology and Relationship with Paranoia. " The British Journal of Psychiatry 195. 3 (2009): 234-41. Print. For people with psychosis, the prevalence of social anxiety disorder poses a big problem. However, it is unclear if this is a byproduct of persecutory thinking. A study was conducted to determine the significance of social anxiety on people who suffer form psychosis.

The results of the study showed that social anxiety is a significant commodity in first-episode psychosis. This study showed that there was a definite relationship between psychosis and social anxiety. I will be able to incorporate this into my research paper when comparing social anxiety with different diseases and will be able to note the different shared symptoms and the effects that both disorders have on the brain to define why he disorders are related. Psych Central Staff. " Social Anxiety Disorder (Social Phobia) Symptoms. " Psych Central. Com. Psych Central, n. . Web. 24 Mar. 2014. Psych Central's article over social anxiety begins by giving a general overview of symptoms of social anxiety. The article explains that people who suffer from this disorder have an extreme fear of becoming exceptionally anxious or humiliated in certain social situation. Sufferers of social anxiety also have different symptoms than a person who is shy. Social anxiety differs from shyness as individuals who are only shy do not experience the extreme anxiety from social situations and do not go to extreme lengths to avoid social situations.

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The article then goes on to list symptoms that people with social anxiety must have. People with social anxiety have an intense fear of being scrutinized in social or performance situations in which they are around people they are unfamiliar with. Social anxiety also makes an individual go to extreme lengths to avoid these situations, which interrupts their normal routine. This article will be helpful in writing my research paper as I will be able to use it to identify common signs of social anxiety disorder.

This source will also be helpful in comparing and contrasting the differences between the disorder and shyness. The article is a good overview of the disorder that helped give a general understanding of what social anxiety disorder is. Richard Dolman, Ph. D. , Joseph Himself, Ph. D. , Deborah Beebe, Ph. D. , James Babbles, M. D. , Ph. D. , Jody Hoffman, Ph. D. , Michelle Van Tenet-Lee, Ph. D. ; " Impact of Social Anxiety Disorder on Employment Among Women Receiving Welfare Benefits. " Psychiatric Services. 22 Mar 2014.

Social anxiety disorder can affect many different aspects of life and is a common disorder that is disabling and costly. The authors of this article decided to examine the different obstacles of employment of women in Michigan receiving welfare. The Composite International Diagnostic Interview-Short Form aided the authors in establishing the psychiatric diagnoses of the different women in question. The study surveyed 609 different women who suffered from social anxiety and completed at least one-third of the Women's Employment Study.

The surveys of the women with social anxiety were demonstrated that the women with the disorder worked fewer months than those without the disorder and indicated the severity of social anxiety as it had a greater impact on life than depression. Conclusions were made that indicated that social anxiety posed significant problems to sufferers, making it hard for them to go to work. From this source I will be able to access how social anxiety affects the lives of those who suffer from it.

I will incorporate this source into my paper as an example of the type of people who normally suffer from the disorder and its impact on their lives.

Samuel Lilies, Ph. D. , Jessica Eleven's, B. A. , Rater Biggs, B. A. , Linda Johnson, B. A. , Reagan Amelia, Ph. D. , Daniel Pine, M. D. , Christian Grilling, Ph. D. ; " Elevated Fear Conditioning to Socially Relevant Unconditioned Stimuli in Social Anxiety Disorder. " American Journal of Psychiatry. 1. 65(2008): 124-132. 22 Mar 2014. Conditioned fear is a classic symptom of patients with social anxiety disorder.

The authors of this article decided to perform a study to examine the differences in general conditionality by using socially nonspecific, unconditioned stimuli. A model for conditioned fear was made by the authors using unconditioned stimuli of facial expressions and verbal feedback. In the study, patients with social anxiety disorder as well as subjects used that worked as healthy comparisons underwent different classical conditioning consisting of three different facial expressions: one happy, one neutral, and one angry. Each of the expressions was paired with audio that reflected the nature of the facial expression.

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The results of the study showed that only the social anxiety patients suffered from fear conditioning from the facial expressions. The conclusion of the study indicates a conditioning contribution to social anxiety disorder. I will be able to incorporate this study into my research paper as experimental proof of symptoms of people with social anxiety. The study showed that individuals who suffer from the disorder are more frightened and effected by facial expressions than normal. Sinclair, Leslie. " Treating Social Anxiety Doesn't Decrease Alcohol Consumption. " Psychotherapists.

Psychiatric News, 06 July 2012. Web. 25 Mar. 2014. In Sinclair article, she examines the relationship between social anxiety disorder and alcohol consumption. In the article, she lists psychiatrist Sarah Book as defining that social anxiety puts people at a higher risk to abuse alcohol in order to decrease stress and feel more relaxed and that different effective treatments should be more readily available to sufferers of social anxiety disorder. In order to back her claims, Book took it upon herself to conduct several different studies to analyze this relationship.

In one study, she and some of her colleagues determined whether social anxiety serves as a detriment to successful outcomes in traditional forms of alcohol and drug use therapy. The results from the study showed that there was clear correlation between social anxiety and alcohol abuse. I will use this article in my research paper to show that social anxiety disorder has other indirect symptoms. From this, I will be able to make claims over the seriousness of the disorder and show that some symptoms cannot be cured through the disorders different treatment options.

Smith, Melinda, and Ellen Gaffe-Gill. " Social Anxiety Disorder & Social Phobia. " Social Anxiety Disorder and Social Phobia: Symptoms, Self-Help, and Treatment. Gaffe-Gill begins by defining what social anxiety disorder is. Social anxiety, which is also known as social phobia, is the extreme fear of certain social interactions. There are certain triggers which spark symptoms of the disorder such as meeting new people, performing on stage, taking exams, or even eating or drinking in front of others. Once triggered, people who have the disorder experience emotional, behavioral, and physical symptoms.

The article continues by presenting different treatment options for social anxiety disorder which include challenging negative thoughts, breathing control, changing one's lifestyle through the building of new relationships. This article will be helpful as it will allow me to examine the different treatment options given to sufferers of social anxiety. This source also discussing the effectiveness of each treatment. With these different treatments, I can do further research into exactly how each one works and include this in my research paper. " Social Phobia (Social Anxiety Disorder). NIMH IRS. National institute of Mental Health, n. D. Web. 22 Mar. 2014. This article by the National Institute of Mental Health begins by defining what social anxiety is. The article defines social anxiety disorder as the strong fear of being Judged by others or embarrassed. The causes for the disorder are not completely known, however studies have shown that it tends to run in families. Researchers have found that there are several parts of the brain involved with fear and anxiety and have examined them in order to try and find effective cures for the disorder.

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The second portion of this article by the Institute of Mental Health talks about how somebody is diagnosed with the disorder. Sufferers of social anxiety usually start having symptoms during their youth. Doctors are able to diagnose the disorder if one has had persistent symptoms for longer than 6 months. I will be able to use this source to assess how social anxiety affects the brain and how different treatments work on the brain to relieve symptoms. The way that people are diagnosed is also mentioned in the article, which I will be able to use in my research paper.

Stefan Plaut, Leonardo Coercion, Eric Hollander; " Social Anxiety in Outpatients With Schizophrenia: A Relevant Cause of Disability. " American Journal of Psychiatry. 2004): 53-58. 22 Mar 2014. Many people who suffer from schizophrenia exhibit many symptoms of social anxiety disorder, which are often looked past due to the other more serious symptoms of schizophrenia. The authors of this article conducted a study to examine the relationship between the two disorders and determine if they are linked.

In the study, 80 people diagnosed with schizophrenia and 27 people diagnosed with social anxiety disorder were assessed with the different mental health tests. The results of the study indicated that social anxiety is often prevalent in people who have schizophrenia, but is unrelated to the clinical psychological symptoms. This study will also be very helpful in comparing social anxiety disorder to different mental disorders. It will also be used to assess the correlation between the two disorders and with further research I will be able to ampere the effects of both disorders on the brain.

Stein MOB, Putsch M, Mjleer N, Hlfleer M, Life R, Witches H. " Social Anxiety Disorder and the Risk of Depression: A Prospective Community Study of Adolescents and Young Adults. " Arch Gene Psychiatry. 3. 58(2001): 251-256. 22 Mar 2014. This article examines the correlation between social anxiety disorder and depression. The authors of the article noticed that perform a study to assess the relationship between the two disorders. To begin, data was collected from a longitudinal, epidemiological study of people aged 14-24 to use as baseline.

Follow up interviews were given to determine if these individuals suffered from symptoms of both depression and social anxiety and to assess the extent of their disorders. The results from the study showed that individuals with no depressed symptoms at baseline had an increased likelihood to exhibit symptoms of depression. Those who suffered from social anxiety disorder and depression during baseline also showed worsened depressed conditions. This article will help me in my research as it gives a very detailed study over the relationship between social anxiety and depression.

I will be able to use this when discussing the various side effects that the disorder gives. This source will also be helpful in discussing the relationship between different mental disorders. Veal, David. " Treatment of Social Phobia. " Advances in Psychiatric Treatment 9. 4 (2003): 258-64. Advances in Psychiatric Treatment. Web. 31 Mar. 2013. This article begins by explaining what social anxiety is and how it affects the lives of people who have it. It gives statistics over the disorder, such as explains that it is the 3rd most

common mental disorder in the world, has a lifetime prevalence of %, and has an equal gender ratio.

The article lists a very detailed description of the different symptoms and why sufferers exhibit them. The article's focus is put on the different treatments and how they work as well as which treatments work better for different people based on symptoms. Some of these treatments include pharmacopoeia and cognitive therapy. I will use this article to note the relationship between symptoms exhibited and the most effective treatments. Since the article goes very in depth over each symptom and its best treatment option, I will be able to show why each treatment is effective.