

Social anxiety disorder

[Linguistics](#), [English](#)



Social Anxiety Disorder Social Anxiety Disorder The Outline I. Introduction A.

Definition: Social anxiety disorder is a kind of strong phobia that is characterized by constant fear of different kinds of social communication.

People with anxiety disorder may also have very few or no social relationships at all, making them feel lonely, helpless, ashamed, or even powerless (Nardi, 2003).

B. The roots of the disorder lie in human fear of being estimated by other people, so people that suffer from social anxiety usually consider themselves as not good enough to be accepted by others and are in panic fear when they need to communicate with people.

C. Lack of social experience or skills in certain social situations may worsen the fear and anxiety of being mortified or embarrassed in the presence of others - the anxiety stemming from the feeling that they will embarrass or humiliate themselves (Antony & Swinson, 2008).

D. Thesis Statement: Social anxiety disorder does not let individuals to function normally in society; others have less obvious symptoms of the disorder, and it can be even so well-hidden that they do not realize having it, but still the anxiety disorder interferes with their normal coexistence with other people (Nardi, 2003).

II. Similarities and differences between social anxiety disorder and shyness

A. The disorder can often be confused with simple shyness and, perhaps, it actually exteriorly looks like shyness.

B. Shyness is a condition when a person feels certain discomfort to express oneself in public or during interpersonal communication (Biemer 1983).

C. Social anxiety is a mental disorder that creates serious barriers for normal

existence in social sphere, especially when it concerns public interaction.

D. Many people do not consider shyness to be a serious condition because it is basically part of their behavior and a vital component of their personality and character.

III. Causes and signs of social anxiety disorder

A. Psychologists and psychiatrists have unanimously agreed that the disorder is a consequence of a combination of many factors, including genetic inheritance.

B. The person decides to avoid all possible situations where he or she is supposed to conduct or engage in any kind of communication with other people (Schneier 2003).

C. Wrong cognitive perception of other people, such as constant thinking of what others are thinking about a person or worrying that everyone is looking and judging them.

D. People with the disorder feel insecure about relationships and generally have low self-esteem (Moynihan, 2002).

E. Sweating and intensive heart beat

F. Panic attacks during unwanted interactions with people

IV. Treatment of social anxiety disorder

A. Psychiatrists manage or treat shyness and social anxiety disorder quite differently

B. Antidepressants: Antidepressant medication, especially selective serotonin reuptake inhibitor may help reduce social anxiety disorder (Antony & Swinson, 2008).

C. Psychotherapy: Involves talking to a trained therapist. Psychotherapy

allows the person with anxiety disorder to look deeper into their worries and problems and sort out troublesome habits (Zimbardo, 2001).

V. Conclusion

A. Social anxiety disorder does not let individuals to function normally; others have less obvious symptoms of the disorder, and it can be so well-hidden that they do not realize having it, but still the disorder interferes with their normal coexistence with others

B. Scientists revealed another category of people with social anxiety disorder who are extremely aggressive and hostile towards others (Kashdan & McKnight, 2010).

C. The biggest challenge in treating the social anxiety disorder is that people with the disorder usually do not admit having it and seldom considers it a serious condition (Antony & Swinson, 2008).

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