



Social Anxiety Disorder: A Short Commentary

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INTRODUCTION

Social anxiety disorder, also known as social phobia, is a mental health condition that affects millions of people worldwide. It is characterized by intense fear or anxiety in social situations, which can make it difficult for individuals to function in their daily lives.

While many people experience some level of nervousness or anxiety in social situations, social anxiety disorder is a more serious condition that can have a significant impact on a person's quality of life. It can lead to feelings of isolation, low self-esteem, and difficulty forming relationships. That's why it's important to discuss this topic and raise awareness about the condition.

WHAT IS SOCIAL ANXIETY DISORDER?¹

Social anxiety disorder, is a mental health condition that involves experiencing intense fear or anxiety in social situations.

This disorder can impact a person's life in many ways. For example, someone with social anxiety disorder may have difficulty making friends, participating in group activities, or even going to work or school. They may also experience physical symptoms such as sweating, trembling, or nausea when faced with social situations. What are causes of social anxiety disorder?²

Social anxiety disorder is a complex condition that can be caused by a variety of factors, including genetics and environmental influences.

Research has shown that individuals with a family history of anxiety disorders are more likely to develop social anxiety disorder. Additionally, traumatic experiences such as bullying or abuse can also contribute to the development of this condition.

What are sign and symptoms of social anxiety disorder?³

They can be physical, emotional and behavioural signs and symptoms.

oPhysical:

- Face turning red.
- Feeling a bit sick in your stomach, like having butterflies
- Heart beating fast
- Hands or voice shaking
- Problem with breathing
- Sweating a lot or suddenly feeling very hot
- Feeling light-headed

oEmotional:

- Feeling worried about yourself in social situation
- Being extremely afraid of people you don't know watching or judging you
- Being scared of doing things that might embarrass or humiliate you
- Being worried that others will notice when you're nervous.

O Behavioural:

- Avoiding social situations
- Avoiding attention and shame by being silent
- Always needing to have someone with you wherever you go
- Drinking to calm your anxiety before social gathering

TREATMENT OPTIONS FOR SOCIAL ANXIETY DISORDER.²

The disorder of social anxiety is treatable in a number of ways. One common form of treatment is therapy, which can help individuals learn coping mechanisms and address underlying issues that may be contributing to their anxiety. Cognitive-behavioural therapy (CBT) is a specific type of therapy that has been shown to be effective for social anxiety disorder. In CBT, individuals learn to identify negative thought patterns and replace them with more positive, realistic thoughts.



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Medication is another option for treating social anxiety disorder. Antidepressants and anti-anxiety medications can be prescribed by a healthcare provider to help manage symptoms. It is important to note that medication should always be taken under the guidance of a healthcare professional and should be used in conjunction with other forms of treatment, such as therapy.

Self-help techniques can also be effective in managing social anxiety disorder. These may include practicing relaxation techniques, such as deep breathing or meditation, and gradually exposing oneself to feared social situations in a controlled and supportive environment.

CONCLUSION

In conclusion, social anxiety disorder is a serious mental health condition that can greatly impact a person's daily life. It is important to recognize the potential causes and symptoms of this disorder in order to seek appropriate treatment and support.

We have discussed the definition of social anxiety disorder, its potential causes, common symptoms, and various treatment options available. It is important for those who may be struggling with this disorder to know that they are not alone and there is help available.

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