

# Case Report

## *Social Phobia*

### Summary

Social Phobia, also known as Social Anxiety Disorder (SAD) is a mental health condition that can make basic everyday social interactions extremely difficult. Getting through school can be difficult as well as going to a job interview, and create difficulties in friendships and romantic relationships. Chronic cases can cause irrational anxiety, self-consciousness, and embarrassment.

### Symptoms

#### **Physical Symptoms:**

- Fast heartbeat
- Upset stomach or nausea
- Trouble breathing or catching breath
- Dizziness/lightheadedness
- Confusion
- Muscle tension
- Trembling or shaky voice
- Sweating

#### **Psychological and Behavioral Symptoms:**

- Expecting the worst during a social event or situation
- Fear of situations in which one may be judged
- Worry about embarrassment or humiliation
- Concern or fear about offending someone
- Possible depression
- Anxiety
- Social isolation

### History

Social anxiety has been in history for as long as human interaction has existed as well. Even long before official acknowledgement of social anxiety, everyone at some point has experienced it at least once in their lifetimes. It is a common occurrence, although when it reached to the point of a disorder, it began to be an issue. An example of a well known figure in history with social anxiety is Ludwig van Beethoven. His S.A.D made it hard to attend social events, and because of his gradual deafness, gradually ceased to attend social events entirely. This struck in tandem with his isolation and lonely personality and furthered it, thus spiraling down and causing his demise. The year of Social Anxiety Disorder being officially recognised as an issue was 1980, though it was not until 1987 that it was fully explained. Thus with every year, the terms explaining social anxiety are gaining more and more clarity.

## Affected Ages

Social Anxiety is capable of affecting all ages. It however has been observed to not affect children under 4.

## Frequency

This is a very common disorder. There are approximately 200,000 reported cases per year in the US alone.

The most common ages affected by this are from 6 years to over 60. Ages 0 to 3 aren't as easily afflicted as at that point the brain is still in development.

## Research

Social anxiety is a subsection of anxiety as a whole, but takes up a large percentage of the reason someone has anxiety. People with social anxiety tend to experience distorted thoughts, overall negative thinking during social situations. This affects one's cognitive behavior and can easily affect their psych. Logically, the person with social anxiety knows that there is no reason there should be anxiety, but cannot stop themselves from feeling in such way. Through several kinds of therapy, however, science has found that it is more beneficial to someone with social anxiety and can reduce symptoms of S.A.D and increases brain activity in the areas of the brain that manage emotion regulation, which would aid in mental balance.

## Changes in Treatment

Various ways people receive treatment regarding social anxiety are as follows:

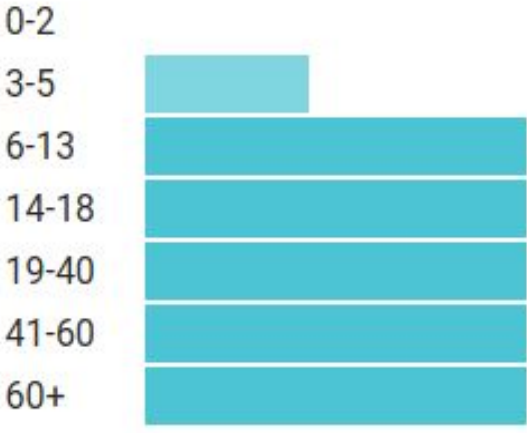
- Speech therapy
- Medications such as antidepressants
- Joining an internet-based support group
- Avoiding alcohol
- Minimal caffeine
- Maintaining a healthy sleep schedule

Alongside this, there are also small steps one can take to combat social anxiety, or at least suppress it to the point where it would not hold negative effects over someone. These include:

- Preparing for social events
- Giving compliments
- Practicing relaxation

Social Anxiety develops through different experiences and associations. Medication can not change these neurological pathways and associations. This means there is no medical cure for the disorder. Medications used are to help relieve the symptoms caused by Social Anxiety.

### Statistics

<ul style="list-style-type: none"><li>● Chronic Cases: can last years or be lifelong</li><li>● Men and women have an equal chance of anxiety, and according to a 2007 survey, around 36% of the people with S.A.D have reported having it for 10 years before seeking help.</li></ul>	<p><b>Ages affected</b></p>  <table border="1"><thead><tr><th>Age Group</th><th>Relative Number of Affected Individuals</th></tr></thead><tbody><tr><td>0-2</td><td>Very Low</td></tr><tr><td>3-5</td><td>Low</td></tr><tr><td>6-13</td><td>High</td></tr><tr><td>14-18</td><td>Medium-High</td></tr><tr><td>19-40</td><td>Medium</td></tr><tr><td>41-60</td><td>Medium</td></tr><tr><td>60+</td><td>Medium</td></tr></tbody></table>	Age Group	Relative Number of Affected Individuals	0-2	Very Low	3-5	Low	6-13	High	14-18	Medium-High	19-40	Medium	41-60	Medium	60+	Medium
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### Citations

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