

Social Phobia – A Social Anxiety Disorder

Pramod A*

Department of Pharmacology, Vaagdevi College of Pharmacy, Warangal, Telangana, India

EDITORIAL

Social anxiety disorder, also known as social phobia, is a form of anxiety disorder characterised by intense fear of social situations. People who suffer from this illness have difficulty conversing with others, meeting new people, and attending social events.

What is the concept of social phobia?

- conversing in communities.
- Initiating discussions.
- Talking in front of an audience.
- Conversing on the phone
- Getting to know new friends.
- Conversing with authority figures, such as doctors.
- Consuming food and beverages in front of people.
- Daily outings, such as to the store.

Fear of public speech is the most prevalent type of social phobia. People with social phobias can avoid social conditions such as school and work, which can have a significant effect on their well-being and ability to function.

Is it possible to overcome social phobia?

The most prevalent anxiety condition today is social phobia. However, the latest treatment for people with this condition hasn't proved to be very successful. A group of scientists now claims they have discovered a cure for social anxiety disorders.

The most prevalent anxiety condition today is social phobia.

Signs and Symptoms

Shyness or embarrassment in some circumstances, particularly in adolescents, aren't always symptoms of social anxiety disorder. Personality characteristics and life experiences influence how comfortable people are in social settings. Some people are more quiet by nature, while others are more outgoing.

In comparison to everyday nervousness, social anxiety disorder is characterized by terror, anxiety, and avoidance that interfere with daily activities, such as work, education, or other pursuits.

Emotional and behavioral symptoms

Signs and symptoms of social anxiety disorder can include persistent:

- Fear of being judged in social settings
- Fear of embarrassing or insulting yourself
- Extreme aversion to engaging or conversing with outsiders
- Avoiding scenarios where you may be the object of attention
- Feeling anxious before a dreaded occurrence or incident
- Surviving a social circumstance with extreme fear or anxiety
- Spending hours after a social scenario assessing your success and finding faults in your relationship

*Correspondence to: Pramod A, Department of Pharmacology, Vaagdevi College of Pharmacy, Warangal, Telangana, India, E-mail: aloorpramod@gmail.com

Received: April 21, 2021; Accepted: April 26, 2021; Published: April 29, 2021

Citation: Pramod A (2021) Social Phobia – A Social Anxiety Disorder. J Dep Anxiety 10:404.

Copyright: © 2021 Pramod A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.