



Types of Treatment for Social Anxiety Disorder

Megan Newby*

Department of Anxiety and Depression, School of Psychiatry, Sydney, Australia

DESCRIPTION

A typical form of anxiety condition is social anxiety disorder. When confronted with circumstances where they might be observed, judged, or evaluated by others, such as speaking in front of an audience, interacting with strangers, dating, participating in a job interview, responding to a question in class, or having to interact with a cashier in a store, a person with social anxiety disorder experiences symptoms of anxiety or fear. Due to worries about being humiliated, criticised, and rejected, performing routine tasks like eating or drinking in front of people or using a public restroom can also make someone feel anxious or afraid.

People with social anxiety disorder experience such overwhelming fear in social settings that they believe they are powerless to control it. Some people may find that this fear prevents them from going to work, school, or performing daily tasks. Other people might be able to carry out these tasks, but they do it with a great lot of worry or anxiety. People who suffer from social anxiety disorder may stress about participating in social situations weeks in advance. They occasionally find themselves avoiding locations or situations that distress them or make them feel embarrassed.

TREATMENT

Psychotherapy, also known as "talk therapy," is frequently used to treat social anxiety disorder, along with medication or a combination of the two. Consult a medical professional to determine the best course of action for you.

Psychotherapy

Social anxiety disorder is usually treated with cognitive behavioural therapy (CBT), a type of psychotherapy with research backing. Cognitive behavioural therapy (CBT) teaches you new ways to think, act, and respond to situations so that you feel less scared and anxious. CBT can also help you build social skills, which are important for treating social anxiety disorder.

CBT has undergone extensive investigation and is considered the gold standard in psychotherapy.

Treatment for social anxiety disorder using acceptance and commitment therapy is distinct from other methods (ACT). In contrast to CBT, ACT takes a different approach to dealing with negative thoughts and uses strategies like goal-setting and mindfulness to minimise the discomfort and anxiety. There are less research examining the effectiveness of ACT than CBT because ACT is a more modern form of psychotherapy.

Medication

To treat social anxiety disorder, doctors may give medication.

Antidepressants such as SSRIs and SNRIs are frequently used to treat depression, but they can also be used to treat the signs and symptoms of social anxiety disorder. It can take a few weeks for them to start working. Side effects with antidepressants can include headaches, nausea, or trouble falling asleep. Most of the time, these side effects are not serious, especially if the dose is started low and gradually raised over time. If you have any negative side effects, let your doctor know.

Beta-blockers can help manage some of the physical signs and symptoms of social anxiety disorder, including tremors, sweating, and an accelerated heart rate. When treating social anxiety disorder of the "performance anxiety" variety, beta-blockers are frequently used.

Benzodiazepines are potent anti-anxiety sedative drugs that start reducing anxiety symptoms immediately away. These drugs can significantly reduce anxiety quickly, but some people develop a tolerance to them and require increasing doses to achieve the same results. Some even start to depend on them. As a result, if you require them, your doctor may only prescribe them for short periods of time.

Support groups

Support groups are beneficial for many people who struggle with social anxiety. In a group of individuals who are all afflicted with

Correspondence to: Megan Newby, Department of Anxiety and Depression, School of Psychiatry, Sydney, Australia, E-mail: Newby_Megan@yahoo.com

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social anxiety disorder, you can get objective, truthful feedback about how the other members of the group perceive you. In this approach, you can discover that your beliefs regarding criticism and rejection are false or misguided. Additionally, you can discover how those who suffer from social anxiety disorder approach and get over their dread of social situations.

Support groups can be found online and in person. However, you should exercise caution when using any advice you receive

from a support group member, and it should not take the place of treatment suggestions from a healthcare professional.