



Positive Effects of Over Role-Playing on Perceptions of Social Anxiety Disorder

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DESCRIPTION

According to cognitive theories of Social Anxiety Disorder (SAD), people who struggle with social anxiety have poor self-perceptions and overestimate how well they do in social settings. Additionally, some cognitive models emphasize the danger potential of others. That is, those who have Social Anxiety Disorder (SAD) think that others will be judgmental and will see them adversely. According to research, socially anxious people estimate a larger likelihood of being adversely assessed by others and see the results of these assessments as more disastrous than do controls. It is significant to note that the overall impact of the treatment outcome is correlated with the reduction of the plausibility of negative cognitions throughout therapy. Therefore, it is crucial to investigate strategies intended to decrease negative cognitions on how people with social anxiety disorder are seen by others [1]. The viewpoint that persons with Social Anxiety Disorder tend to adopt may also play a significant role in the maintenance of Social Anxiety Disorder (SAD), in addition to the negative cognitions regarding other people's perceptions of them. Persons with social anxiety disorder prefer to perceive themselves from an observer's perspective in social circumstances, in contrast to low socially anxious people who often take a field perspective. Furthermore, they not only see themselves through the eyes of others, but they also have a poor perception of themselves. It is believed that focusing on such distressing pictures prevents the brain from processing information that is remedial [2].

Patients who struggle with social anxiety can test and modify their negative beliefs by using experiential procedures that simulate anxiety-inducing social circumstances. Role-playing is an experience method that is frequently used to alleviate social anxiety. Role-playing has its roots in both behaviour therapy as a teaching tool and psychodrama, an action-based approach to group psychotherapy. Instead of merely talking about their psychological and social issues, patients in psychodrama role-play them. Role-playing is described as acting out a personal scenario for a brief period of time with another person, such as a group therapy participant or a therapist [3]. The scenario is acted out as if it were actual in role-playing. Additionally, role-playing can be

utilised as an exposure approach or a Cognitive Behavioural Treatment (CBT) strategy for social anxiety disorder as instruction in social skills. Role-playing has been shown to be beneficial in modifying cognitions in healthy individuals, according to early research. For instance, Jain and King's study from demonstrated that role-playing the role of a public speaker who aimed to persuade others of particular arguments led to greater changes in other people's opinions about the arguments than when participants simply read and listened to the materials to prepare for this role [4].

In addition to role-playing, role reversal is frequently employed in psychodrama therapy. A role reversal begins with two patients acting out a scenario as it would be in role-playing. They are then instructed to switch roles and assume the places of the other people. As was already mentioned, the cognitive model of social anxiety disorder proposes that individuals who are socially anxious have a negative perception of themselves as seen from the perspective of others. They are forced to adopt the viewpoint of the other person when they switch roles, and they then feel themselves as being played by someone else. The other's warped negative self-image may be corrected by having access to their point of view. Due of this extra perspective change, role reversal may be a more thorough experiencing [5].

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