

# Anxiety Sensitivity Index and Appraisal of Social Concerns as Predictors of TSST-Evoked Cortisol

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## Background

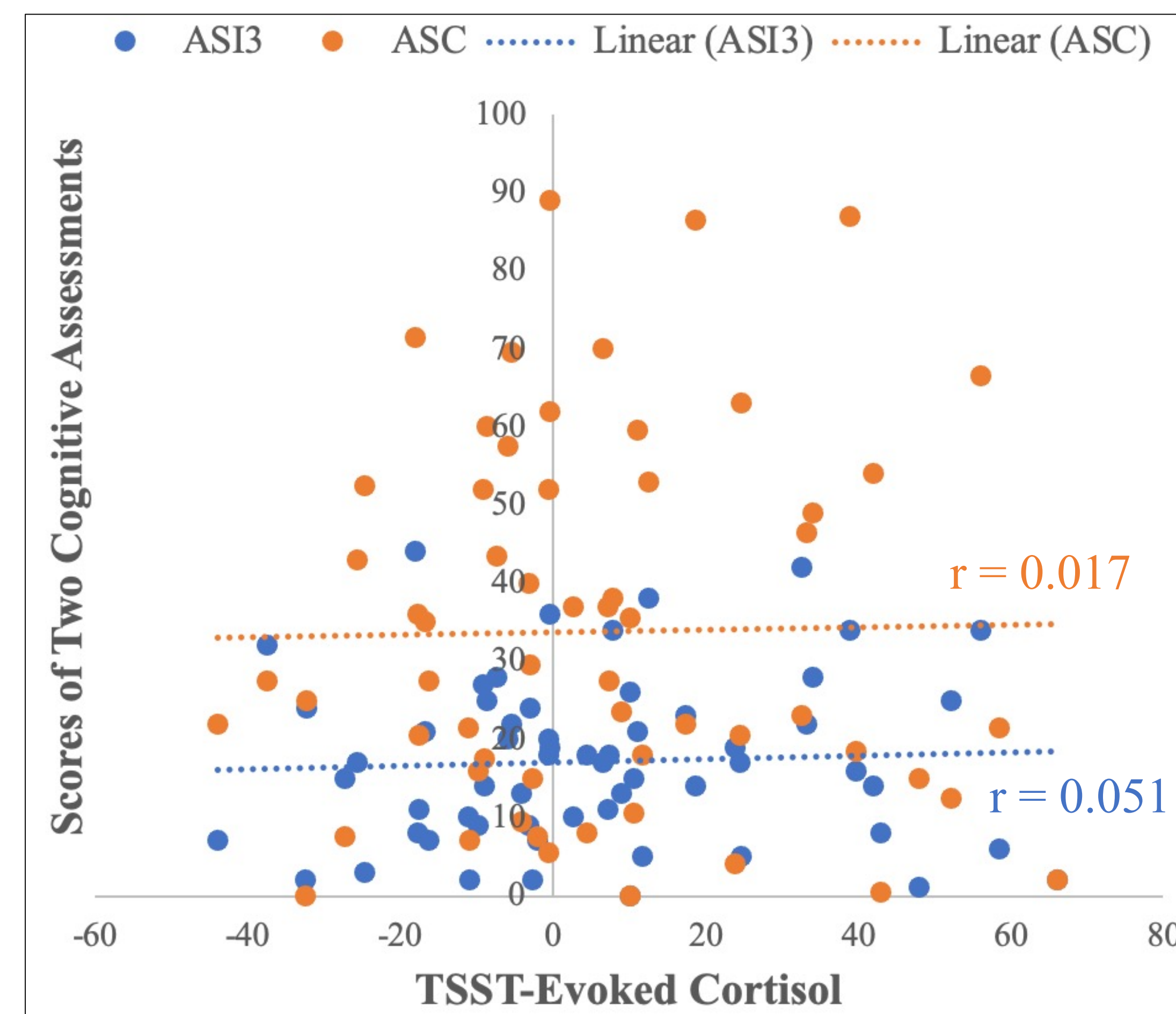
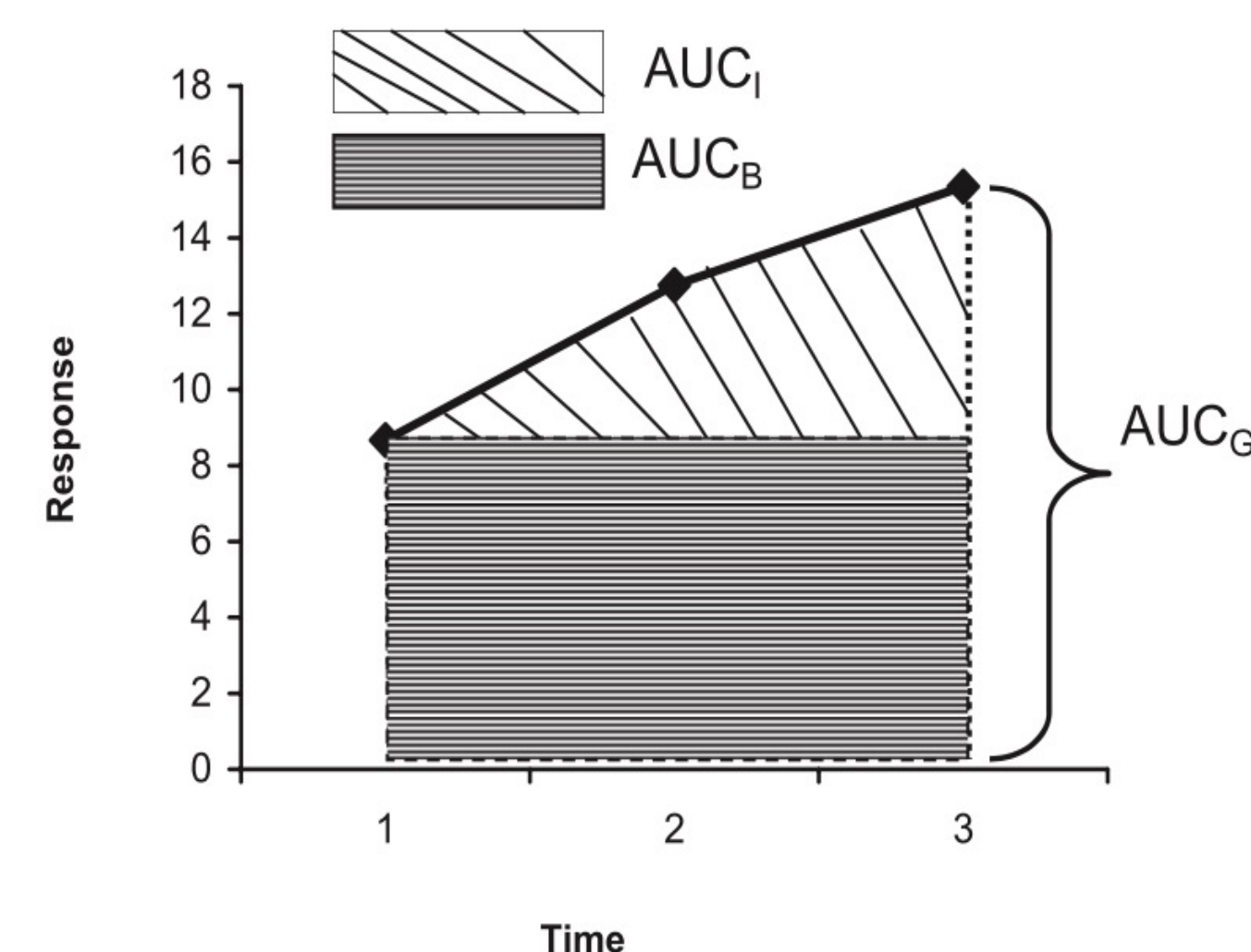
- Social anxiety is characterized as a hypersensitivity in both presence of real-life events and anticipation of stressful events
- Comorbid disorders are highly prevalent in patients with social anxiety disorder, occurring in as many as 90% of patients
- Cognition plays an important role in the development and maintenance of social anxiety disorder
- Anxiety sensitivity index is strongly associated with fearfulness
- Cortisol – a good biomarker of the body's response to stress; dysregulation can have negative health implications

## Hypotheses

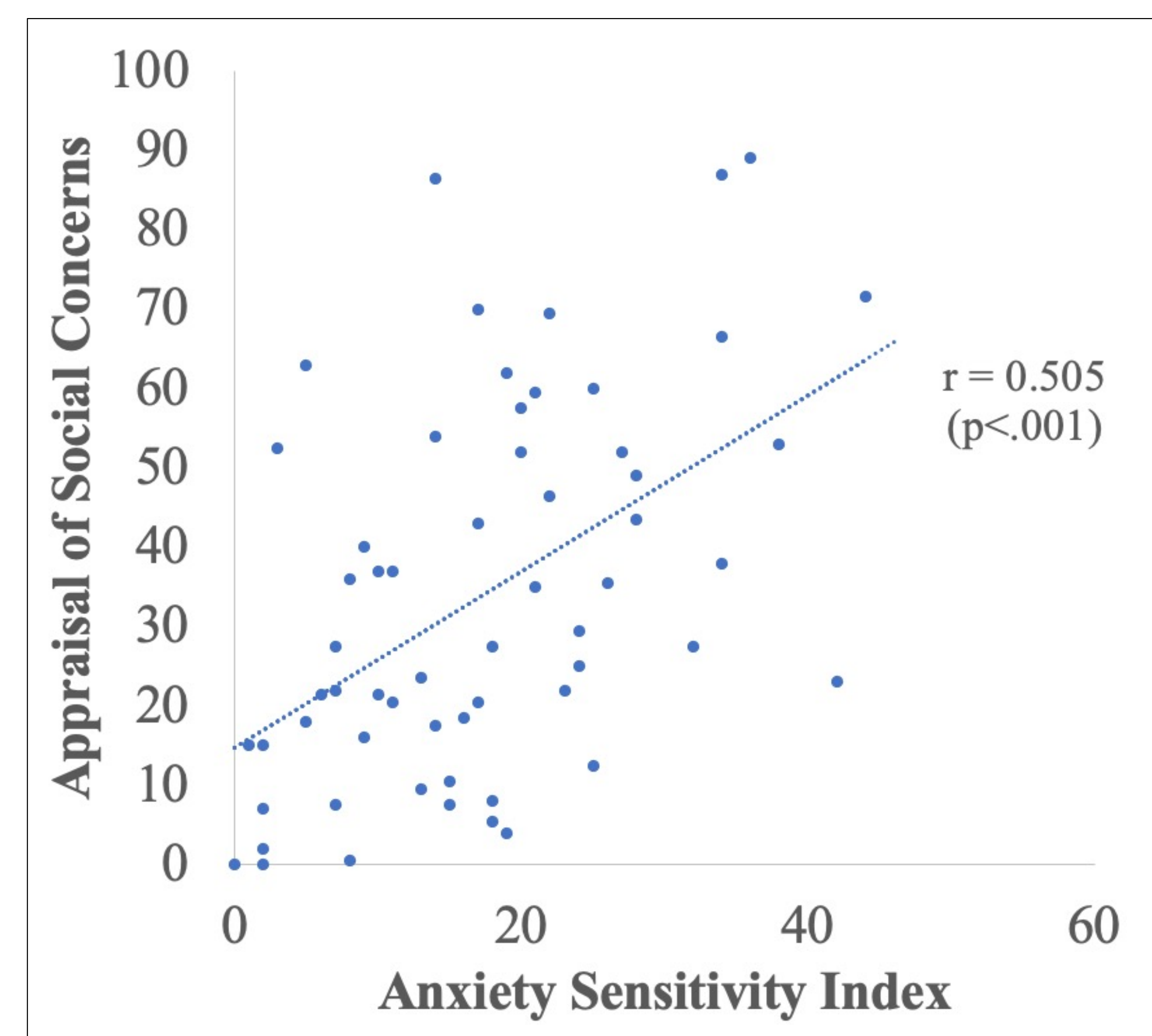
- Anxiety sensitivity index and appraisal of social concerns can be the predictors of TSST-evoked cortisol
- There is a positive correlation between anxiety sensitivity index and appraisal of social concerns

## Experimental design

- Anxiety Sensitivity Index
- Appraisal of Social Concerns
- Cortisol
  - TSST-evoked
  - Log transformed
  - Measured by area under the curve



- 0.28% of variability in was explained by anxiety sensitivity index and appraisal of social concerns
- No significant correlation between scores anxiety sensitivity index, appraisal of social concerns, and TSST-evoked cortisol



- Anxiety sensitivity index and appraisal of social concerns were positively correlated

## Conclusions

- There was no significant correlation between results of self-report cognitive assessments of social anxiety and physiological responses in reality
- Cognition ≠ emotion
- Results of two different self-report cognitive assessments related to social anxiety were positively correlated with each other

## Future Directions

- Conduct the study in a clinical population
- Look at the cortisol at various time points
- Consider anticipation of the stressor vs. real presence, and types of stressors

## References

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