

# Social Anxiety Disorder

## What is Social Anxiety Disorder?

- Social anxiety disorder is characterized by an intense fear of being judged, rejected, or negatively assessed in a social or performance scenario. Therefore, children and adolescents with social anxiety are extremely self-conscious about how they appear to others.
- Although many of those with social anxiety report shyness in childhood, they are not the same. Shyness does not predict the presence of the disorder later in life.

## What are the signs and symptoms that my child is having difficulties as a result of Social Anxiety Disorder?

- Avoiding social settings or performative situations
- Appearing visibly anxious (e.g., stumbling over words, blushing, etc.)
- Strong physical symptoms when faced with a challenge (e.g., rapid heart rate, nausea, sweating, and even panic attacks)

## Treatments for Social Anxiety Disorder:

- The treatment for social anxiety disorder with the most evidence is **Cognitive Behavioral Therapy (CBT)**, which teaches kids how to face their fears and overcome anxious thinking patterns. Practicing social skills may also be incorporated into treatment.
- **Medications** can help reduce symptoms of anxiety in conjunction with behavioral therapy.

