



SOCIAL PHOBIA

What is it?

Social Phobia is a common psychiatric condition characterized by a marked and persistent fear of social situations.

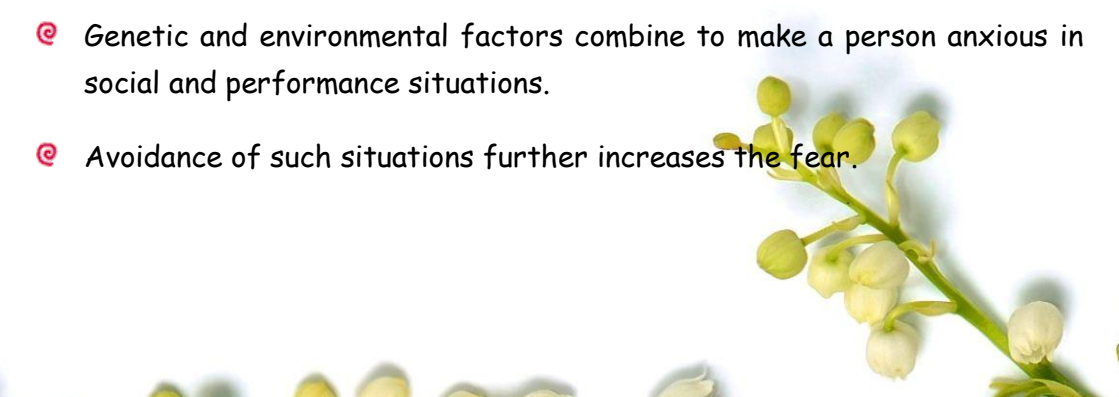
Is it a rare disorder?

It is quite common in both males and females, and can also occur in children.

What are the common symptoms?

- Ⓢ The person is afraid of situations where he/ she is exposed to unfamiliar people.
- Ⓢ There is a fear of being negatively judged and humiliated.
- Ⓢ The person becomes very anxious in such situations, so tries to avoid them.
- Ⓢ The person knows that his/her fear is excessive, and irrational.
- Ⓢ May often interfere with a person's ability to participate in social gatherings, office meetings and under-perform as a result.

What are the causes of Social phobia?

- Ⓢ Genetic and environmental factors combine to make a person anxious in social and performance situations.
 - Ⓢ Avoidance of such situations further increases the fear.
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What are the treatments available?

Effective treatments in the form of medications and counseling-psychotherapy are available.

- ⊕ Behavioural therapy: Aimed at gradually introducing oneself to the situation and overcoming the fear by relaxation and other methods.
- ⊕ Medications: Antidepressants and Antianxiety medicines are effective forms of treatment.
- ⊕ Patients can lead a normal life after treatment.

Myths and Facts

| Myth | Fact |
|---|--|
| All people who are shy have social phobia | Social phobia is a specific psychiatric condition |
| It is a serious life threatening illness | It is not a life threatening illness but can seem like one |
| There is no treatment for social phobia | Effective treatments are available |



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