

Name

Professor

Course

Date

Social Anxiety Disorder: An Annotated Bibliography

Social anxiety disorder is also called social phobia, and it is characterized by dreading social situations bringing about much anguish and decreased capacity to carry out daily activities. Social phobia is instigated by assessing the people one is interacting with. It is a common phenomenon, as research indicates that about 12% of Americans have gone through the disorder. Consequently, this study assesses different articles on the topic of social phobia.

Bruce, Laura C. "Social phobia and social anxiety disorder: effect of disorder name on recommendation for treatment." *The American journal of psychiatry* 169.5 (2012): 538.

Internet Source.

In this study, social phobia is examined, assessing whether what was initially used to infer before the phobia of different events underwrote the decrease of impairment related to the disorder. The study deduced that fear is not ascertained by health practitioners as an indicator necessitating medical remedies. The study also recognized that "individuals with social anxiety delay tremendously in acquiring treatment and substantial negligence to get it at all, in relation with those with a different mood and anxiety disorders" (Bruce 538). This essay is essential in determining whether naming the disorder extends the issue through people with the manifestation of the disorder not pursuing remedy. Drawing a parallel between social phobia to other related disorders such as anxiety and mood makes the research significant in the assessment of the subject of a social

anxiety disorder (Bruce 538). The vitality is identifiable in the sense that the differentiating information associated with the three disorders is ascertained mainly from the viewpoint of referring to the conditions. However, the study is limited due to solely depending on data collected from one locality, while it would differ in many regions. The study would have regarded looking into other studies' data on the issue.

Rodebaugh, T L, R G. Heimberg, K P. Taylor, and E J. Lenze. "Clarifying the Behavioral Economics of Social Anxiety Disorder: Effects of Interpersonal Problems and Symptom Severity on Generosity." *Clinical Psychological Science*. 4.1 (2016): 107-121. Internet Source.

The study explains the behavior of economics of social anxiety disorder. Also, the study attempted to verify the effects of interpersonal challenges and manifestations of assertiveness on empathy. The study points to social anxiety disorder connected to decreased interpersonal zeal, probably postulating why it is related to relational malady. The article made an effort to propagate the outcomes of the impairment's limitations of personal warmth can be substantiated through interactive economic enactments. The economic project's stability was also analyzed to guarantee precise outcomes (Rodebaugh, Heimberg, Taylor, and Lenze 109). The article found out that the components associated with social anxiety and not the impairment per se, like the intensity of the social anxiety and other negative relational hardships, resulted in less ample behavior to the economic enactment investigated. The study is significant due to its relationship with a social anxiety disorder to interpersonal ardency as it details the relational ailment.

Smits, Jasper A, and Micheal W Otto. "Exercise for Mood and Anxiety Disorders." *Psynopsis: Canada's Psychology Newspaper*. 34.1 (January 2012): 29. Internet Source.

The article centers on the utilization of physical activities as an alleviation criterion to fix anxiety and mood ailments. The study is important in its bid of usage of bodily workouts as a restorative mechanism for dealing with social anxiety disorder, while it compares this technique to different norms such as pharmacotherapy and cognitive behavior therapy (Smits and Otto 29). The paper also addresses the challenges encountered by bodily workouts as a way of fixing mood and social anxiety disorders, given the mechanisms' advantages over other techniques. The Smits and Otto (29) literature studies find out that “population-based studies demonstrate workouts improve wellbeing; reduce depression, uneasiness, and animosity; and contribute tremendous sentiments of social connectedness.” The paper is crucial because of its advocacy of bodily activities for the intervention of social anxiety disorder. Additionally significant for the study key in the reason that it defines how the physical workout can be embarked including the time as well as the way of conducting the executions. Regardless, the essay lacks explicitness as it does not utilize statistical data from different quantitative studies to reinforce its assertions.

Work Cited

- Bruce, Laura C. "Social phobia and social anxiety disorder: effect of disorder name on recommendation for treatment." *The American journal of psychiatry* 169.5 (2012): 538. Internet Source.
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