

Name

Professor

Course

Date

An Annotated Bibliography for Social Anxiety Disorder

Social anxiety disorder is a condition that is also referred to as the social phobia which is known to cause disorient various social circumstances such that a person is incapacitate and cannot perform the daily duties as they are supposed to. The condition also compels a person to disassociate themselves form the other people and seclude themselves so that they suffer from inside. According to the research, there is an approximation of more than 12 percent of Americans who are suffering from social anxiety disorder. Thus, the purpose of this study is to evaluate various studies that have unraveled the issue of social anxiety disorder.

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 by Bruce, the purpose is clear. It seeks to evaluate whether the conditions was being used to dread a diverse set of circumstances which have been critical in causing the ailment and how there is a connection malady. The study concluded that fear itself is not considered an indicator of the social anxiety disorder that require medical attention. The study noted that there is a high tendency of people suffering from the disorder to delay seeking medical

intervention to their condition as compared to people who have other forms of anxiety. Besides, the article goes ahead to evaluate whether naming the condition as such could have an impact on the individuals suffering from the disorder. They may be reluctant to seek medication as result of how the diseases is perceived. The significance of the article is founded on the fact that there is an ideal comparison between the social anxiety disorder and other forms of disorders. In respect the naming of the ailment, a comparison is made of how it has affected other forms of anxiety as well. The limitation of the study is manifested in the way the data used is collected from only one source because there could be various depending on the data sources. A survey would have been more ideal.

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.

In this study by Taylor and colleagues, there is a clear purpose which is to show the relatedness of the social anxiety disorder with economic constructs. The study sought to provide an evidence that could affirm the impact of relational challenges on kindness. According to the study. People suffering from the condition portray reduced interpersonal activeness, which explains why the same people have problems relating with other people. Through economic undertakings, it can be argued that the article attempted to unravel how the disorder causes social constraints. The authors of the article went ahead to examine the stability of economic projects so that the results could be more accurate. It was found out that people who were suffering from the disorder were likely to have less impact on the economic activities that were assessed in the

article. The essence of the study cannot be disregarded. It ideally connects the social anxiety disorder with the relational constraints.

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

The primary focus of this article is how physical exercises can be utilized to mitigate against the social anxiety disorder. According to the article, physical exercises offer the therapeutic effects and can prevent or ease the cases of social anxiety disorders as compared to other treatment approaches such as the use of drugs and therapy for cognitive problems. In the article, the disadvantages of physical exercises as a therapeutic mitigation for the disorder are addressed. The advantages are also discussed as well. Smits and Otto found that exercises are capable of improving the well-being of a person by reducing the levels of depression, hostility, anxiety, and instills the feeling of social connectedness as well. The article is relevant and useful as it discusses the advantages that a person should expect from physical exercises as well as how the therapy can be disadvantageous. Moreover, the study informs on how the exercises should be undertaken as well as the time intervals between exercises. Even so, the article has some downfalls that creates a room for improvement. For example, there is not statistical data to affirm he claims. Thus, the data can be considered as unclear or unsubstantiated.

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