

Name

Professor

Course

Date

Social Anxiety Disorder: An Annotated Bibliography

Often alluded to as social phobia, under multiple social situations, the condition has a substantial measure of dread that contributes to significant anguish and diminished desire to perform everyday tasks. The fear is triggered by the expected or authentic examination of persons with which one communicates. The disease is popular with data that indicates that the disorder has been encountered by nearly 12 percent of Americans. This research also assesses different studies focusing on 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.

This report aims to determine whether the decrease in disability associated with the condition was supported by social phobia that was historically used to refer to the dread in multiple conditions earlier. As a matter of fact, the study noted that health practitioners do not affirm anxiety as a predictor of medical attention. The report also showed that "those with social phobia, relative to those with other anxiety and mood disorders, demonstrate strong delays in getting treatment and significant failure to do so at all" (Bruce 538). In deciding whether labeling the illness prolongs the issue by those with the signs of the condition who do not take medicine,

the article is vital. The analysis is important in exploring the subject of social anxiety disorder by comparing social phobia with other associated conditions such as anxiety and mood (Bruce 538). Vitality may be recognized in the sense that the identifying details relating to the three conditions is verified, mainly in terms of naming the illnesses. However, due to depending only on data gathered with one location, the analysis is constrained although it would differ in various areas. The research may have considered evaluating other details on the subject from the surveys.

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 research attempts to explain the behavior of the economics of social anxiety disorder. In addition, the research sought to substantiate the effect on compassion of behavioral difficulties and signs of severity. The research points out that social anxiety disorder is linked to decreased interpersonal warmth, perhaps postulating that emotional disorder is linked to it. The article seeking to replicate the effects of the personal warmth disability restrictions may be verified by means of digital economic undertakings. The stability of economic ventures has also been investigated to ensure reliable outcomes. The study showed that the aspects contributed to social anxiety but not to disability per se, such as the severity of social anxiety and other detrimental interaction problems, resulted in the economic undertaking studied becoming less generous. Because of its correlation with social anxiety disorder to emotional warmth, the research is significant as it describes relational illness.

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 essay reflects on the application of body exercises to remedy anxiety and mood disorders as a preventive measure. With its recommendation to use aerobic exercises as a coping tool for the treatment of social anxiety disorder, the research is important when comparing this approach with other means such as pharmacotherapy and cognitive behaviour therapy (Smits and Otto 29). The paper further discusses the problems posed by physical activities as a way of remedying disorders of mood and social anxiety considering the benefits of systems over other approaches. The literature reviews of The Smits and Otto (29) find that, "population-based studies show that activities enhance the well-being; reduce depression, anxiety, and hostility; and provide greater feelings of social connectedness." The article is vital because of its promotion of physical exercises for social anxiety disorder intervention. More specifically, the secret to the analysis is to determine the way in which the body workout should be done, including the time and manner of performing the tasks. Nevertheless, because of its lack of use of statistical evidence from separate quantitative analyses supporting its arguments, the paper lacks precision.

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