Social Anxiety Disorder (Social Phobia)

Social anxiety is the third most prevalent mental illness in the world today. It affects about 7% of the population and the chances of one developing social anxiety throughout their lifetime are slightly above 13%.

Social anxiety is the fear of social situations that involve interaction with others. People with this often fear being negatively judged and or evaluated by other people. One might experience significant distress in (but are not limited to) the following situations:

- Being teased or criticized
- Speaking in a formal or public situation
- Writing, talking, swallowing
- Feeling insecure and out of place in a social situation
- Being watched or observed while performing a task
- Being introduced to someone new and/or of authority
- Making eye contact

They are often perceived by others as shy, withdrawn, and disinterested, when in reality, they are often the complete opposite.

Social Anxiety Disorder is fully treatable and can be treated with cognitive-behavioral therapy. It is completely normal to feel a bit anxious in social settings every once in a while, however, if it is persistent and affecting your everyday life, you can seek help from a professional.

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