Social Anxiety Disorder



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Classification

Phobia
Phone-bee
Phobia is a type of anxiety disorder defined by a persistent fear of an object or situation. Person often recognizes that the fear is excessive.
Social anxiety disorder belongs to this broad group of anxiety disorders.

Treatment

Cognitive Behavioral Therapy
Cog Behavioral Therapist
Cognitive behavioral therapy is one of the most effective therapies for social anxiety disorder.
Cognitive behavioral therapy (CBT) is a type of psychotherapy based on analyzing and reforming maladaptive thoughts that are contributing to emotional and behavioral distress.

Selective Serotonin Reuptake Inhibitors
Selective Silver-tonic Reuptake tube with Inhibiting-chains
Selective Serotonin Reuptake Inhibitors are one of the first-line medications for social anxiety disorder.
SSRIs are a class of drug which work by selectively inhibiting serotonin reuptake into presynaptic cells, increasing the neurotransmitter's availability in the synaptic cleft.

Venlaflaxine
Vanilla-fax
Venlaflaxine can be used for the treatment of social anxiety disorder.
Venlafaxine is a medication that works on serotonergic and noradrenergic receptors, when administered at moderate doses, to help treat anxiety and panic disorders.

Beta-Blockers
Nonselective Beta-fish with LOL Blocks
If anxiety is restricted to public speaking (performance-related social anxiety disorder), beta-blockers can be used for treatment in the acute phase.

Benzodiazepines
Benz-dice
If anxiety is restricted to public speaking (performance-related social anxiety disorder), benzodiazepines can be used for treatment in the acute phase.

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