

Social Anxiety Disorder



PLAY PICMONIC

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.

Venlafaxine

[Vanilla-fax](#)

Venlafaxine 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.