

## 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.<br>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.<br>Cognitive behavioral therapy (CBT) is a type of psychotherapy based on analyzing and reforming maladaptive thoughts that are contributing to emotional and behavioral distress.<br>

#### 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.<br>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.<br>Venlafaxine is a medication that works on serotonergic and noradrenergic receptors, when administered at moderate doses, to help treat anxiety and panic disorders.<br>

#### 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.