

## 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-ionic 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.