

Title:

Basic Facts of Sociophobia

Word Count:

616

Summary:

This article is about social anxiety disorder. It is also known as social phobia. It is a ki

Keywords:

Social Anxiety Disorder, phobia, treatment, counseling

Article Body:

Social Anxiety Disorder

Social anxiety disorder is a kind of mental disorder wherein a person experiences an intense o

Symptoms

Social phobia disrupts a person's normal life because it makes sufferers avoid doing things th

1. Emotional symptoms which may include the following:

- An overwhelming fear of being put into situations where one is surrounded by strangers
- Being extremely scared of being in situations where the sufferer may be judged
- Worrying excessively about embarrassing or humiliating one's self
- An baseless fear that others will notice that you look anxious
- Severe anxiety that can disrupt one's daily routine, work, school or other activities

2. Physical symptoms include:

- blushing
- profuse sweating
- trembling or shaking
- nausea
- stomach upset
- difficulty talking
- shaky voice
- muscle tension
- confusion
- palpitations
- diarrhea
- cold and clammy hands
- difficulty making eye contact

Mental health professionals say social anxiety disorder is closely related to shyness. However

Social anxiety disorder sufferers always think that other people are more confident that they

Treatment

Fortunately for people with social phobia, a combination of treatments and therapies a

Different prescription drugs are being used to help people with social phobia. Certain

Counseling, or talk therapy, helps people with social anxiety disorder by teaching them how to

Being diagnosed as a sociophobe doesn't have to mean you have to stay as one. It is n

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