

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.