Tsz Kan Janice Wong

There is a very thin line between being shy and suffering from social phobia; people including patient his/herself, for this reason, might easily neglect one ’s condition. Social phobia is also called Social Anxiety Disorder (SAD). It is one of the most common phobias found in the population. SAD is not just about being anxious and worry before giving a public speech; instead, it is a long-lasting fear or anxiety, that affects one’s normal physical abilities and provokes a severe level of affliction, in one or more social situations, for example going on a date, being at a party, having an interview, and interacting with strangers. In the physiological aspect, as a fight-or-flight response, patients who suffer from such disorder may experience blushing, excessive sweating, shaking, difficult breathing, and tearing under certain social circumstances. In the cognitive aspect, ones with SAD are often too self-conscious and always think others might negatively perceive or evaluate them. Most importantly, according to the newest version of The Diagnostic and Statistical Manual (DSM-V), the fear or anxiety that one is going through is unproportioned to the actual threat of that social situation possibly brings (DSM 2014).

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