

Social Phobia/ Social Anxiety Disorder

Symptoms

Treatment



Medipsy

Psychological Services

www.medipsy.ca
514-419-3005
info@medipsy.ca

4610 Ste. Catherine St. West
Westmount. QC H3Z 1S2

Social phobia is a strong fear of being judged by others and of being embarrassed. This fear can interfere with everyday activities. Most people who have social phobia know that they should not be so afraid, but cannot control their fear. People with social phobia may stay away from places or events where they fear doing something to embarrass themselves.

Signs and Symptoms

- Being very anxious around others and having difficulty talking to them
- Being very self-conscious in front of others and feeling embarrassed
- Being afraid of being judged by others
- Worrying for days or weeks before an event
- Staying away from places where there are others
- Having difficulty making friends and keeping friends
- Blushing, sweating, or trembling around others
- Feeling nauseous or sick when with others

Psychotherapy, often cognitive-behavior therapy, is useful for treating social phobia. People with social phobia can learn new ways of thinking, behaving, and reacting to situations that help them feel less anxious and fearful. Therapy can also help people learn and practice social skills.

Research has found that the average person who receives treatment for social phobia has improved outcomes compared to 93% of people who do not receive treatment.

Medipsy psychotherapists are trained to assess your symptoms, your preferences and your response to treatment. You and your therapist will collaborate to develop a treatment plan based on scientific evidence and tailored with your needs in mind.