



INFO SHEET

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What is Social Anxiety?

Social anxiety, also known as social phobia, is a common mental health condition that affects many people. It is characterized by an intense fear of social situations, such as public speaking, meeting new people, or being in crowds.

People with social anxiety may experience physical symptoms, and may have negative thoughts and beliefs about themselves. This can lead to avoidance of social situations and can have a significant impact on daily life and relationships. Here is a list of common symptoms

- Fear of being judged or evaluated by others.
- Avoidance of social situations.
- Feeling anxious or uncomfortable in social situations.
- Physical symptoms of anxiety, such as sweating, blushing, shaking, or nausea.
- Trouble speaking in social situations.
- Feeling self-conscious or embarrassed in social situations.
- Worrying about being criticized or rejected by others.
- Having a negative view of yourself.
- Avoiding eye contact.
- Having a stiff or rigid body posture.
- Speaking in a quiet or hesitant voice.

More about social anxiety disorder

Social anxiety disorder is a common mental health condition that affects about 7% ¹ of people in Australia.

It is more common in women than men. ¹

The symptoms of social anxiety disorder usually start in adolescence. ²

Social anxiety disorder can have a significant impact on a person's life, making it difficult to work, go to school, or socialize with friends and family.

There are a number of effective treatments for social anxiety disorder, including therapy ³ and medication ⁴.

If you are experiencing any of the symptoms discussed in the info sheet, it is important to talk to your doctor. Social anxiety disorder is a treatable condition, and with the right help, you can learn to manage your symptoms and live a full and happy life.

How can the Centre for Clinical Psychology help with Social Anxiety?

The Centre for Clinical Psychology is a mental health clinic that offers evidence-based treatments for a

range of mental health issues, including social anxiety. The Centre's therapists are highly trained and experienced in using a variety of therapies to help clients manage their symptoms.

At the Centre for Clinical Psychology, clients with social anxiety work with their therapist to identify and challenge negative thoughts and beliefs, develop coping strategies for managing physical symptoms, and gradually confront and overcome their fear of social situations.

The Centre offers a range of evidence-based therapies for social anxiety, including Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT). The therapist will work with the client to identify the most appropriate therapy for their individual needs.

If you or someone you know is struggling with social anxiety, the Centre for Clinical Psychology can help. To book an appointment, call the clinic on 03 9077 0122 or visit their website at <https://ccp.net.au/booking/> to book online. The Centre's team of experienced therapists is here to support you on your journey to overcoming social anxiety and living a fulfilling life.

References

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2. Anxiety Disorders. (2022). In Diagnostic and Statistical Manual of Mental Disorders. American Psychiatric Association Publishing. https://doi.org/10.1176/appi.books.9780890425787.x05_Anxiety_Disorders
3. Acarturk, C., Cuijpers, P., Van Straten, A., & De Graaf, R. (2009). Psychological treatment of social anxiety disorder: A meta-analysis. *Psychological Medicine*, 39(2), 241-254. doi:10.1017/S0033291708003590
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