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Social Anxiety Disorder in College Students and its Differing Treatments

Taylor Hubbert
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CONCLUSIONS

- The different aspects of Social Anxiety Disorder were highlighted and criteria was defined by the DSM-5. SAD was found to be one of the more common psychological disorders (7.9% among both female and male students), and comorbid symptoms sometimes arise along with SAD.

- Individual therapy and group therapy effect individuals differently. Individual therapy, according to surveys from patients, was preferred over group therapy, specifically in individuals with SAD. Future research that specifically studies college student can help in further understanding how to better help those diagnosed with SAD.

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INTRODUCTION

- Approximately one in six College Students report having anxiety or being treated for anxiety
- Social Anxiety Disorder (SAD) is defined as anxiety that is caused by social experiences, and an individuals fear/phobia of social situations
- Research available to us on Social Anxiety Disorder is extensive. This review examined the symptomology and prevalence of SAD, and compared both individual therapy and group therapy as treatments for college students.

QUESTIONS

1. What is the recent criteria required for a diagnoses of Social Anxiety Disorder and what are some resulting impairments? How prevalent is SAD among college students?

2. What are the benefits and disadvantages present in using individual therapy as a treatment setting?

3. What are the benefits and disadvantages present in using group therapy as a treatment setting?

QUESTION 1:

Model set forth by Rapee and Spence (2016) in a study done on the difference causes and makeup of Social Anxiety Disorder.

QUESTION 2:

Example taken from Reger and Gahn (2009) meta-analysis of internet group therapy versus treatment involving Individual therapy. This meta analysis later supported research that determined that without of self help or individual therapy, group online therapy did not result in any significant change in persons diagnosed with Social Anxiety Disorder (Andersson et al. 2012)

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METHOD

- Studied a number of researchers work and literature on the subject of Social Anxiety Disorder.
- Examined research found that specifically involved college students.
- Individual therapy and Group therapy were analyzed in a number of different studies, and that information was gathered and the advantages and drawbacks of both types were presented.