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# Social Anxiety Disorder in College Students and its Differing Treatments

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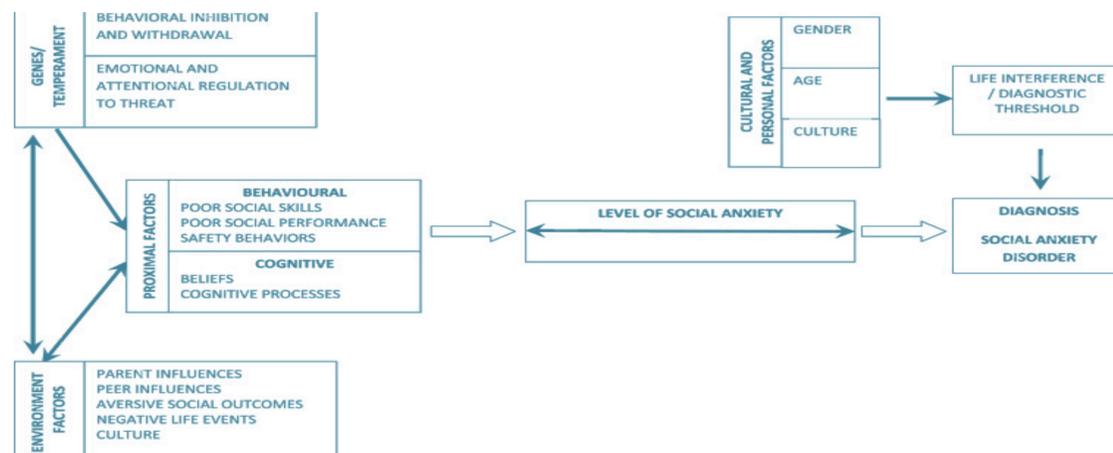
# Social Anxiety Disorder in College Students and its Differing Treatments

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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 affect 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 students can help in further understanding how to better help those diagnosed with SAD.

## 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 3:

Study	N	M age	M education/alternative	Recruitment	Diagnosis/symptoms
Andersson et al., 2006	64	37.3	69% had at least some college	Recruited by means of newspaper and magazine articles, and an Internet link	Social Phobia
Carlbring et al., 2005	49	35.0	-	Recruited from a waitlist of individuals interested in Internet treatment.	Met <i>DSM-IV</i> criteria for a diagnosis of panic disorder as confirmed by the <i>SCID</i> ; panic disorder was the primary problem with a duration of at least 1 year. All met <i>DSM-IV</i> criteria for a diagnosis of panic disorder; panic disorder was the primary problem with a duration of at least 1 year; all participants had at least one panic attack or limited symptoms attack during the pretreatment baseline.
Carlbring, Westling, Ljungstrand, Ekselius, & Andersson, 2001	41	34.0	-	Recruited with advertising and Web links.	Specific Phobia (Spiders) based on the <i>CIDI</i> ; minimum duration of phobia of 1 year.
Gilroy, Kirkby, Daniels, Menzies, & Montgomery, 2000	45	33.1	-	Recruited via newspaper advertisements and public notices.	Missed 10 or more days of work due to stress, anxiety, or depression in the past 6 months and GHQ-12 $\geq 4$
Heading et al., 2001	40	34.9	-	Recruited through newspaper and notice board advertisements	Met <i>DSM-IV</i> criteria for Specific Phobia (Spiders) based on <i>CIDI</i> -Auto 2.1.
Hirai & Clum, 2005	27	29.4	45% were university students	Recruited with advertisements, and from the introductory psychology class student pool	All participants met at least the reexperiencing and avoidance criteria for PTSD ( <i>DSM-IV</i> ).
Kenardy, Dow, et al., 2003	186	36.8	33% had some postsecondary education	Recruited by means of referrals from general practitioners and through the media.	Participants met <i>DSM-IV</i> criteria for panic disorder, confirmed by the <i>SCID</i> ; current episode duration $\geq 3$ months; all considered panic their main problem.
Kenardy, McCafferty, & Rosa, 2003	83	19.9	All were first-year university psychology students	All were first-year university psychology students	Elevated anxiety sensitivity (Anxiety Sensitivity Index $> 24$ ).
Kline & Richards, 2001	22	40.8	11.7	-	Met <i>DSM-IV</i> criteria for a primary diagnosis of panic disorder
Klein, Richards, & Austin, 2006	55	-	-	Recruited by contacts to a study Web site.	Primary diagnosis of panic disorder as assessed by the <i>ADIS-IV</i>

## 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 individual's 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 diagnosis 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 2:

Measures of Effect Size of Individual Cognitive Behavioral Therapy Versus Group Therapy

TABLE 4. Means, standard deviations, and effect sizes for outcome variables at baseline and posttreatment from self-report questionnaires

Measure; treatment	Baseline (n = 45)		Posttreatment (n = 41)		Cohen's D	Cohen's D (Heimberg et al. <sup>[9]*</sup> ) 12 w
	M	SD	M	SD		
<b>SPS</b>						
CBGT	43.24	15.56	32.29	18.72	0.64	0.10
GPT	33.48	11.21	23.35	13.94	0.81	0.47
<b>SIAS</b>						
CBGT	56.53	12.09	46.71	17.24	0.67	0.15
GPT	53.48	10.09	44.74	14.60	0.71	0.67
<b>BFNE</b>						
CBGT	48.82	8.01	43.71	10.20	0.56	0.14
GPT	45.91	6.97	40.96	8.45	0.64	0.70

## 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.

Example taken from Reger and Gahm (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)

