

Social Anxiety Disorder

In this video, I explain how social anxiety disorder is getting worse, likely due to the influence of social media. I'll cover the epidemiology or demographics of social anxiety disorder. I'll also explain how I think about social anxiety as a clinician, and review the diagnostic criteria I consider when making a diagnosis.

References and further reading

- Stein, D. J., Lim, C., Roest, A. M., de Jonge, P., Aguilar-Gaxiola, S., Al-Hamzawi, A., Alonso, J., Benjet, C., Bromet, E. J., Bruffaerts, R., de Girolamo, G., Florescu, S., Gureje, O., Haro, J. M., Harris, M. G., He, Y., Hinkov, H., Horiguchi, I., Hu, C., Karam, A., ... WHO World Mental Health Survey Collaborators (2017). The cross-national epidemiology of social anxiety disorder: Data from the World Mental Health Survey Initiative. *BMC medicine*, 15(1), 143. [Link](#)
- U.S. Department of Health and Human Services. (n.d.). Social Anxiety Disorder. *National Institute of Mental Health*. [Link](#).
- American Psychiatric Association. (2013). Social Anxiety Disorder (Social Phobia). *Diagnostic and statistical manual of mental disorders (5th ed.)*. [Link](#)

Glossary

Generalized Anxiety Disorder (GAD)

Social Anxiety Disorder (SAD)

Scrutiny

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