

Table 6 Social Anxiety Disorder: Patient Education and  
Self-Help Resources

Essential patient education concepts

- Social anxiety disorder is not mere shyness; it is not "just your personality."
- Social anxiety is familial.
- You are not responsible for how you are wired—only what you do about it.
- Social anxiety disorder is self-perpetuating and, without treatment, usually chronic.
- Quality of life, relationships, education, and occupation can be affected greatly.
- Diminished self-esteem and depression are common.
- Drinking alcohol to reduce social anxiety can become a significant problem.
- Medications and cognitive-behavioral treatments can be beneficial for social anxiety disorder.
- Medication may yield quicker relief; exposure treatment may be more durable.
- Full recovery may require willingness to seek scrutiny, embarrassment, or disapproval.

Resources

Dayhoff SA. *Diagonally-Parked in a Parallel Universe: Working through Social Anxiety*. Placitas, NM: Effectiveness-Plus Publications; 2000.

Rapee RM. *Overcoming Shyness and Social Phobia: A Step-By-Step Guide*. Northvale, NJ: Jason Aronson; 1998. Markway BG, Markway GP. *Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life*. New York, NY: St Martin's Press; 2003.

Stein MB, Walker JR. *Triumph Over Shyness: Conquering Shyness and Social Anxiety*. New York, NY: McGraw-Hill; 2003. Markway BG. *Dying of Embarrassment: Help for Social Anxiety and Phobia*. Oakland, Calif: New Harbinger Publications; 1992.

Esposito JE. *In The SpotLight: Overcome Your Fear of Public Speaking and Performing*. Southbury, Conn: Strong Books; 2000. (Specifically for public speaking anxiety)

Web sites: <http://www.socialphobia.org>;

<http://www.nimh.nih.gov/healthinformation/anxietymenu.cfm> (English and Spanish); <http://www.ADAA.org>; <http://www.paruresis.org>;

<http://www.toastmasters.org>; <http://www.speakingcircles.com>

Referrals: <http://www.ADAA.org>