

UF

Taking a Gator Chomp Out of Social Anxiety

Brian Zaboloski, Ph.D., NCSP

brian.Zaboloski@yale.edu

Emma Romaker, B.A.

Yale Department of Psychiatry

Yale OCD Research Clinic

07/08/2020



Agenda & Learning Objectives

- What is Social Anxiety?
- Managing Social Anxiety
 - Coping skills
 - Cognitive-behavioral techniques
- Where to seek extra help
- Questions

What is Social Anxiety and Who Has It?

What is Social Anxiety?

- Fear/anxiety about social situations involving potential scrutiny by others
- Avoidance of social interactions (e.g., meeting new people, being observed by others while eating/drinking, performing in front of others)
- Negative thoughts associated with social interactions: Negative evaluation by others, embarrassment, humiliation, rejection, offending others
- Social anxiety is different than social anxiety disorder

General Prevalence

- Among U.S. adults, the 12-month prevalence is 7-8%
- In Europe: 2.3%
- Chile: 6.4%
- Brazil: 9.1%
- Mexico: 1.7%
- Nigeria: 0.3%
- South Africa: 1.9%
- About twice as common in women than men, especially during adolescence
- Prevalence decreases with age

Prevalence by Major

- Not much data. What we have is based on smaller samples
 - Among medical students: 8% experienced social anxiety in one sample; 56% in another
 - One study found that math and physics students had higher social anxiety than music majors
 - Not higher than communication majors
 - In Zabolski et al (2019), half of the sample were undergraduate engineering students

Celebrities with Social Anxiety



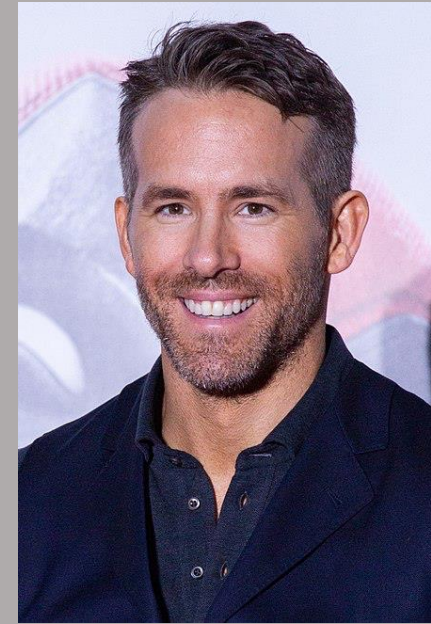
Emma Stone



Selena Gomez



Zayn Malik



Ryan Reynolds

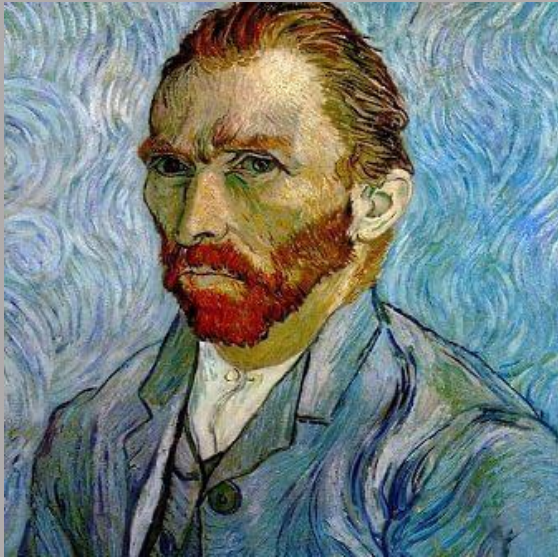
Vogue (2012)

Harper's Bazaar (2018)

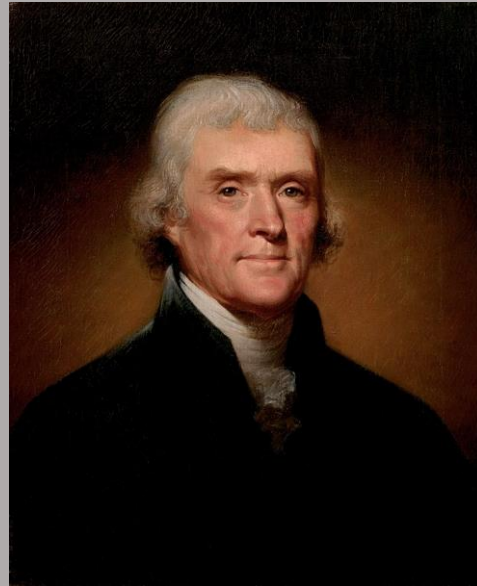
Time (2016)

New York Times (2018)

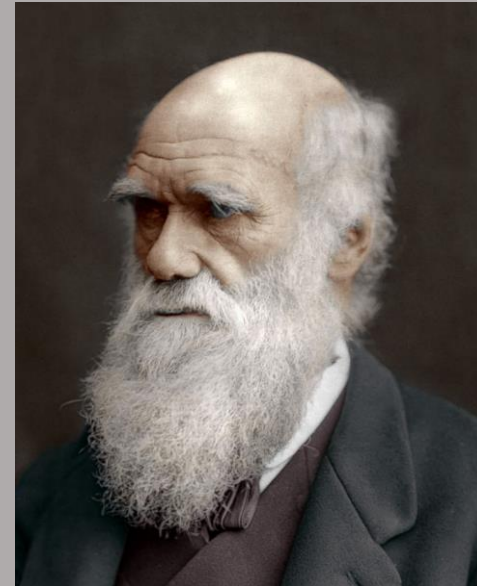
Historical Figures with Social Anxiety



Vincent van Gogh



Thomas Jefferson



Charles Darwin



Edvard Munch

Anxiety, 1894 (n.d.)

Kendall (2016)

Popova (n.d.)

Science News Staff (1997)

What Can We Do About Social Anxiety?

Coping Skills

- Mechanisms utilized to invest conscious effort into solving interpersonal issues with the aim of minimizing stress and conflict
- Well-known coping skills for SAD: deep breathing/mindfulness, exercise/progressive muscle relaxation
- Traditional advice in public speaking: picture the audience in their underwear
- My general advice: “Coping skills” can mean many things. Experiment with what works for you. You’ll get lots of advice, some will help, some won’t.
- Negative coping skills: negative self-talk, aggression, over/under eating, abusing alcohol/drugs, avoiding social support

Maladaptive Coping Skills



Walter White

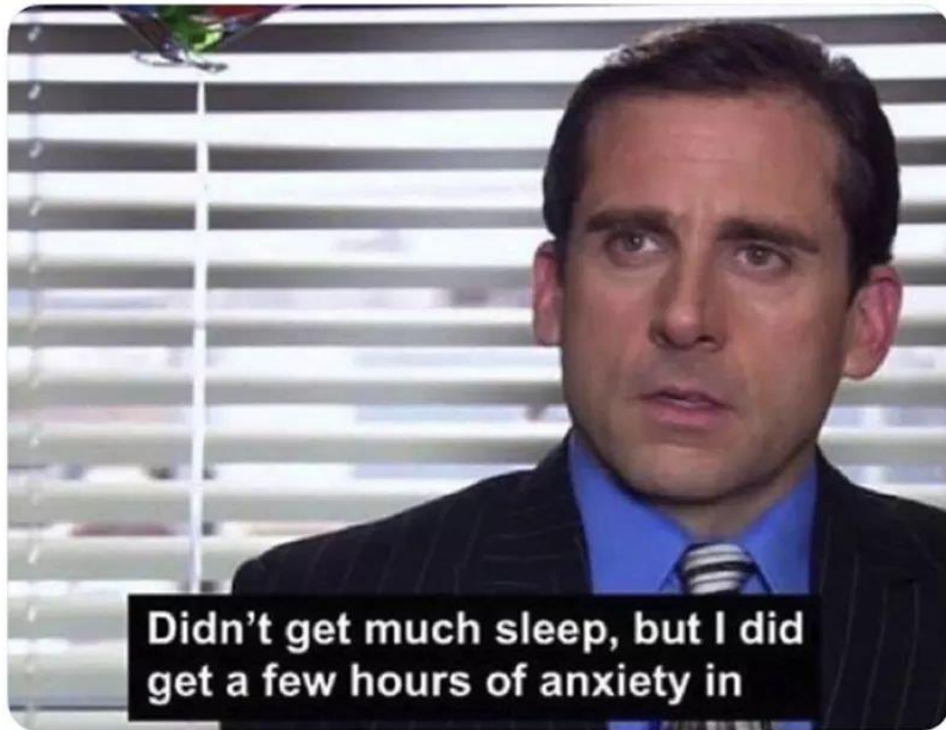


Dexter Morgan



Raj Koothrappali

When someone asks you how your night went



When Coping Skills Fail

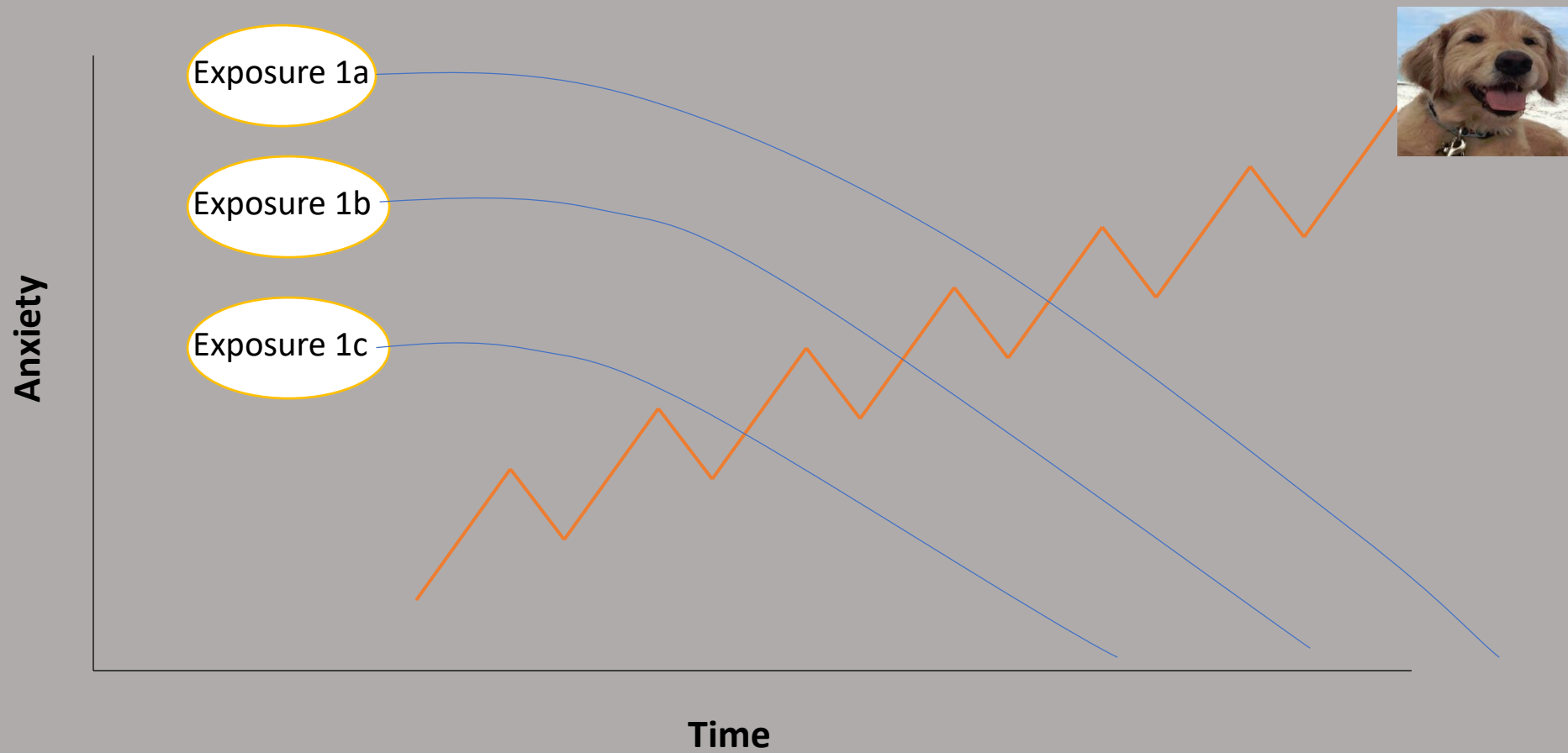
Cognitive-Behavioral Therapy with Exposure

- When we're anxious about something, we often cope with it by simply avoiding it. (Think public speaking.)
- Avoidance can feel good in the moment, but it usually causes more distress in the long-run and gets worse.
 - One way to reverse a pattern of avoidance is cognitive-behavioral therapy with exposure. Also called CBT with exposure or exposure and response prevention.

Basic Model of Exposure Therapy



Basic Model of Exposure Therapy



Goals of CBT with Exposure

- Habituation: anxiety or distress caused by the feared event naturally decreases with repeated practice
 - Without avoidance or ritualistic behaviors
- Breaks associations: over time, the feared event is no longer associated with intense anxiety
- Stop avoidance that strengthens anxiety
- Challenge negative thoughts

Where do we start?

- A good exposure:
 - Repeated
 - Prolonged
 - Gradual

Exposure can be imaginal or done in real life. Real life is better, but imaginal is sometimes a good place to start

Example Exposures

- Imagine talking to a group of people
- Imagine doing something embarrassing
- Visit crowded areas (e.g., malls, stadiums, concerts, bus stations)
- Stand close to unfamiliar people
- Talk to others (e.g., cashier, professor, peer)
- Invite a peer to engage in a social activity
- Greet a stranger with physical contact (e.g., shaking hands or “high five”)
- Raise hand in class
- Wear a shirt with a stain or dirty spot

The Fear Hierarchy

- List of challenges/exposures
- Usually ranked on some kind of scale (like 1-10) from easiest to hardest. Sometimes this scale is called SUDs (subjective units of distress)

Example Fear Hierarchy

Exposure	Subjective Units of Distress (SUDs)
Play one piece in a piano recital	10
Play piano for your wife	7
Play piano for your dog	6
Play piano for your parents through FaceTime	5
Imagine the worst-case scenario in a piano recital	3
Watch videos of performances going wrong	2
Imagine a piano recital going well	2

If I Can't Do This On My Own

Finding Help at UF

- UF Counseling and Wellness Center for counseling
 - <https://counseling.ufl.edu/>
 - Group counseling, short-term individual counseling, online counseling
- UF Disability Resource Center for accommodations
 - <https://disability.ufl.edu/>
 - When to Ask for Help: DRC Resources
With Beth Roland (UF Disability Resource Center)
Tuesday, July 28, 2020
2 p.m. to 3 p.m.

More Help at UF

- For specific help with social anxiety, I strongly recommend looking for people with expertise in CBT with ERP.
- UF Health Psychology – Springhill
 - <https://ufhealth.org/uf-health-psychology-springhill#:~:text=The%20OCD%20Program%20at%20UF,assignments%20that%20encourage%20therapeutic%20exercises.>
 - Experts in cognitive-behavioral therapy with exposure (CBT with ERP)
- Copays

Finding Help Outside of UF

Finding a Therapist

- **Expertise:** trained in cognitive behavioral therapy (CBT) with exposure, exposure therapy, and/or exposure and response prevention (ERP)
- **Credentials:**
 - Licensed psychologists: hold doctoral degrees (indicated by title of PhD/PsyD), experts in behavior, most do NOT prescribe medications.
 - Psychiatrists: medical doctor specializing in the treatment of mental disorders (indicated by title of MD), primarily prescribes medications; some will do therapy
 - Social workers: hold masters degrees and licenses (like LSW/LCSW). Similar treatment approach to psychologists in outpatient clinic settings.
 - Counselors: hold masters degrees (indicated by title of LCP/LCPC/LPCC/LMHC). When trained in CBT/ERP, they utilize similar methods of treatment as social workers and psychologists.

Finding a Therapist: Resources

- International OCD Foundation (IOCDF): iocdf.org
 - Find help link at the top of the page
 - Most therapists on this website will have expertise in CBT ERP. Always check that they do CBT with ERP.
- Anxiety and Depression Association of America (ADAA): adaa.org
 - Find help link at the top
 - Most therapists on this website will have expertise in CBT ERP. Always check that they do CBT with ERP.
- Psychology Today: www.psychologytoday.com
 - Broader search of therapists.
- National Alliance on Mental Illness (NAMI): nami.org
 - Broader therapist search.

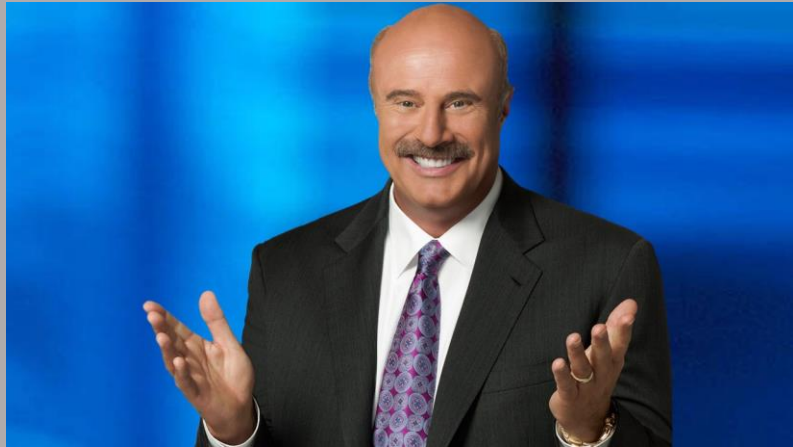
Finding a Therapist: Insurance

- Call insurance company/look on their website for a list of providers in the network for your specific insurance company/plan
- Review list of eligible providers and determine fit based off expertise, credentials, logistics, distance, etc.
- Call selected provider (s) to see if they are currently accepting new patients and confirm they accept your insurance

What to Expect from Most Clinics

- Intake: initial interview to discuss/understand problems, formulate treatment goals, learn something about anxiety and CBT ERP
 - Discuss your social anxiety: when/how it emerges and the resulting behaviors//thoughts/feelings
 - Family history
 - Medical history
- Work together to generate and complete exposures
 - Huge difference doing exposures with an expert
 - Probably do exposures inside and outside of the office
- Sessions: typically last 45 to 60 minutes, usually meet once a week, 12-16 sessions is typical
- Homework assignments: tasks to complete outside of sessions
 - One of the best predictors of treatment response!!!

Inaccurate Portrayals



Questions/Comments?

References

7 Tips for Living With Social Anxiety. (n.d.). *WebMD*. <https://www.webmd.com/anxiety-panic/tips-for-living-with-social-anxiety#1>

Abramowitz, J. S., Deacon, B. J., & Whiteside, S. P. (2019). *Exposure therapy for anxiety: Principles and practice*. Guilford Publications.

American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. Author.

Buckley, C. (2018, May 2). *This story has already stressed Ryan Reynolds out*. The New York Times.

<https://www.nytimes.com/2018/05/02/movies/ryan-reynolds-deadpool-2.html>

Craske, M. G., Treanor, M., Conway, C. C., Zbozinek, T., & Vervliet, B. (2014). Maximizing exposure therapy: An inhibitory learning approach. *Behaviour Research and Therapy*, 58, 10-23.

Coping. (n.d.). *Wikipedia*.

<https://en.wikipedia.org/wiki/Coping#:~:text=Coping%20means%20to%20invest%20one's,coping%20strategies%20or%20coping%20s kills>.

Anxiety, 1894 by Edvard Munch. (n.d.). *Edvard Munch paintings, biography, and quotes*. <https://www.edvardmunch.org/anxiety.jsp>

HealthLinkBC. (n.d.). *Common coping responses for stress*. <https://www.healthlinkbc.ca/health-topics/ta5463>

Heller, N. (2012, June 18). *Emma Stone makes her Vogue cover debut in the July issue*. *Vogue*. <https://www.vogue.com/article/emma-stone-comic-relief>

Hofmann, S. G., Asnaani, A., & Hinton, D. E. (2010). Cultural aspects in social anxiety and social anxiety disorder. *Depression and Anxiety*, 27, 1117–1127.

Joyce-Beaulieu, D., & Sulkowski, M. L. (2019). *Cognitive behavioral therapy in K–12 school settings* (2nd ed.). Springer Publishing Company.

References Cont.

Kendall, J. (2016, April 19). *Jefferson: Brilliant but self-absorbed, troubled*. The Boston Globe.

<https://www.bostonglobe.com/arts/2016/04/18/portrait-jefferson-brilliant-but-self-absorbed-troubled/p18g3HAVWnQttMrTuYoqsK/story.html>

Laidlaw, A. H. (2009). Social anxiety in medical students: Implications for communication skills teaching. *Medical Teacher*, 31(7), 649-654.

Langford, K. (2018, February 7). *Selena Gomez's wild ride*. Harper's Bazaar. <https://www.harpersbazaar.com/culture/features/a15895669/selena-gomez-interview/>

Malik, Z. (2016, October 31). *Zayn Malik: Why I went public with my anxiety issues*. Time. <https://time.com/4551320/zayn-malik-anxiety/>

Popova, M. (nd). *Van Gogh and mental illness*. Brain Pickings. <https://www.brainpickings.org/2014/06/05/van-gogh-and-mental-illness/>

Science News Staff (1997, January 8). *The origin of Darwin's anxiety*. Science. <https://www.sciencemag.org/news/1997/01/origin-darwins-anxiety>

Villiers, D. P. (2009). *Perfectionism and social anxiety among college students* (Doctoral dissertation, Northeastern University).

Zaboski, B. A., Joyce-Beaulieu, D., Kranzler, J. H., McNamara, J. P., Gayle, C., & MacInnes, J. (2019). Group exposure and response prevention for college students with social anxiety: A randomized clinical trial. *Journal of Clinical Psychology*, 75, 1-19.

<https://doi.org/10.1002/jclp.22792>