



# OUTSIDE WORLD IS BETTER

## SOCIAL PHOBIA

### PERFORMANCE

Afraid of being people, once found attention oneself is not natural, did not dare to look up, not with the person in the eye, feel ashamed, even afraid to speaking in public, rally can't sit in the front, so avoid social, in extreme cases can lead to social isolation.

### IMPACT

Social function has certain influence, their work, study efficiency and adaptation ability all have different degree of decline. Exacerbations of disease and chronic disease may also deprive a few patients of self-knowledge.

### TREATMENT

#### Psychological treatment

1. Behavioral therapy is the preferred method of treating phobias. Systematic desensitization therapy and exposure shock therapy have good effect on social phobia.
2. There are many applications of desensitization therapy for the system, which can be divided into real and imaginary desensitization.

#### Drug treatment

Drugs can't simply eliminate the fear of the patient, but drugs such as benzodiazepine and propranolol can relieve the fear of somatic anxiety and reduce the plant's nervous response.

