

Social Anxiety: Cognitive Behavioral Approach

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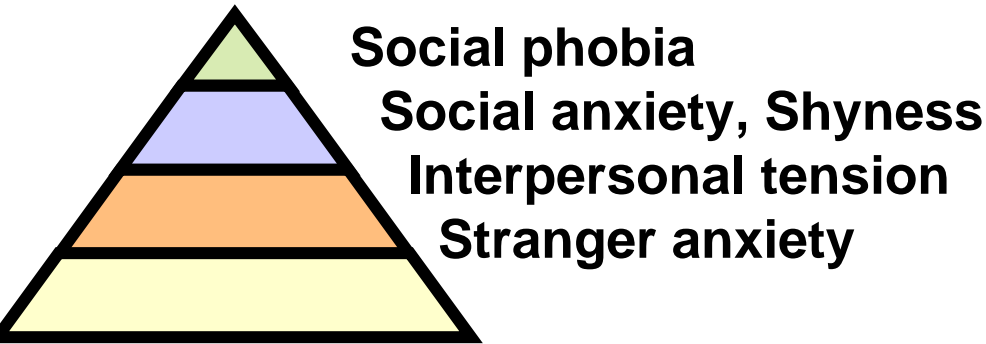
Graduate School of Arts and Sciences



Evidence Based

- | | |
|---------------------|-------------------------------|
| 1. Symptoms | What are the symptoms? |
| 2. Causes | What is the mechanism? |
| 3. Treatment | How is it treated? |

Hierarchy of Social Anxiety



=> Social anxiety experience is not unusual
Social Anxiety per-se is not abnormal

Duality of Social Anxiety

Maladaptive aspect

Interferes with social life

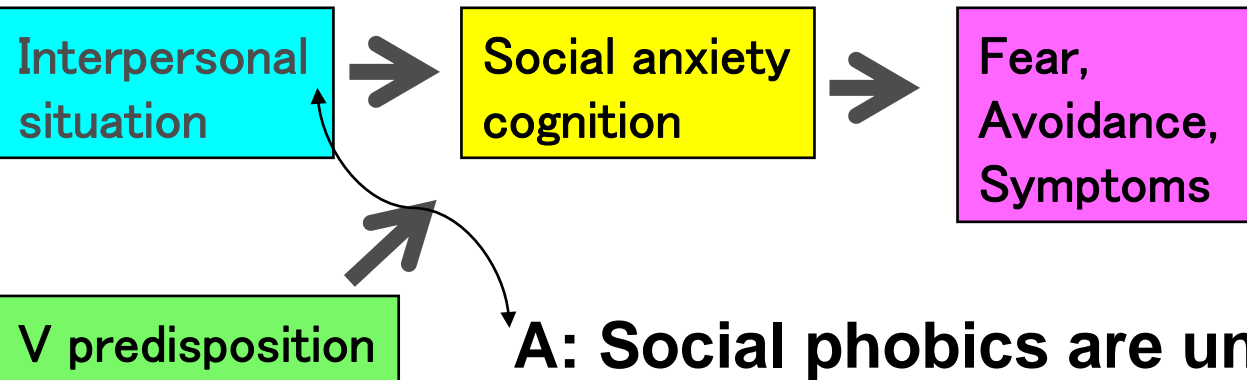
Adaptive aspect

Contacts with strangers during infancy are dangerous => Stranger anxiety

In a culture that values “shame,” social anxiety facilitates one’s social life

ABC Model for Social Anxiety

A. Situation B. Cognition C. Emotion, Behavior



A: Social phobics are uncomfortable with:

1. **Acquaintance relationships**

Family, Close friends – **Acquaintances** - Strangers

2. Group of people of his/her own age

3. Three-people situations (Less uncomfortable in two-people situations)

4. Casual conversations – When there is silence

V: Personalities Prone to Social Phobia

1. Personality contradictions of social phobics

Want to be liked by others
Sensitive and caring
(allocentric)
(not assertive)



Emulous, Desire to be better than others
(auto-centric)
(very assertive)

Outward passiveness and inner aggression (Miyoshi)
Pusillanimity and arrogance (Takahashi)
Bearishness and bullishness (Uchinuma)
Want to be dependent on others but refuse to do so (Doi)
Afraid of being disliked but fear of appearing competitive (Kondo)

2. Family environment (Yamashita, 1977)

Protective 29%
Overprotective and excessively affectionate 20%
Average 46%
With a few problems 5%

Family with no problems
Affectionate and well-disciplined
 -> self-image of well-behaved child, emulous, self-esteem

3. Parents (Nagai 1994)

Father: unsociable, undependable
Mother: Outgoing, Sociable
Mother's overprotection, dependence on mother



Categories for Social Anxiety

1.

**Social anxiety
(narrow definition)**

**Interpersonal tension
Shyness
Stranger anxiety**

2.

Social Phobia

**Ereuthophobia
Fear of expression
Fear of attitude
Fear of eye contact**

3.

Adolescent fantasy

**Fear of eye contact
Self-odor phobia
Cacophobia**

4.

Schizophrenic delusion

**Imaginary offense
Ego disorder**

From Social Anxiety to Social Phobia

1.
Social anxiety
(narrow definition)

Interpersonal tension
Shyness
Stranger anxiety

Self



Others



Anxious about others' faces
and feel they are staring
Obsessed about the
symptoms
Strong agony
Intense self-consciousness
(Obsessed with objective self)

2.
Social Phobia
Ereuthophobia

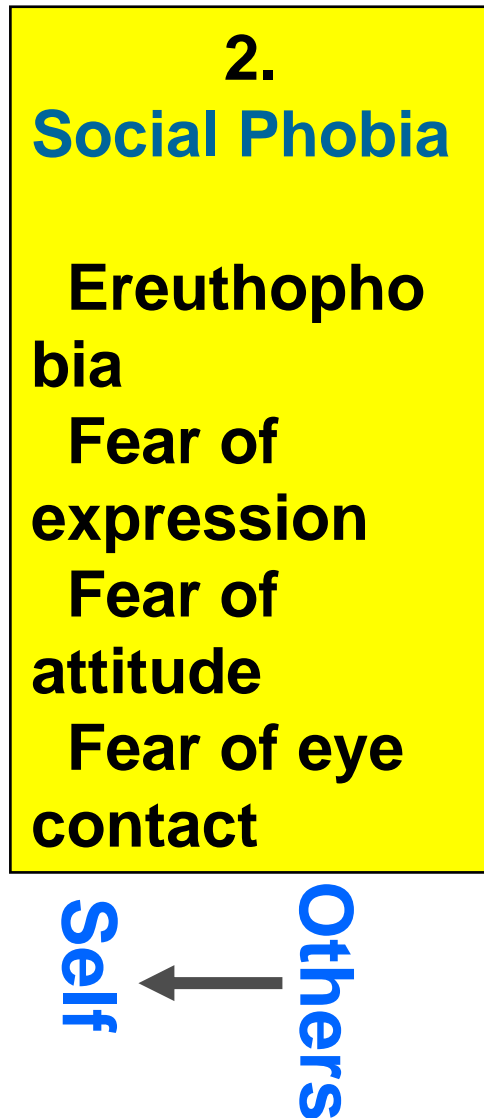
Fear of expression
Fear of attitude
Fear of eye contact

Self



Others

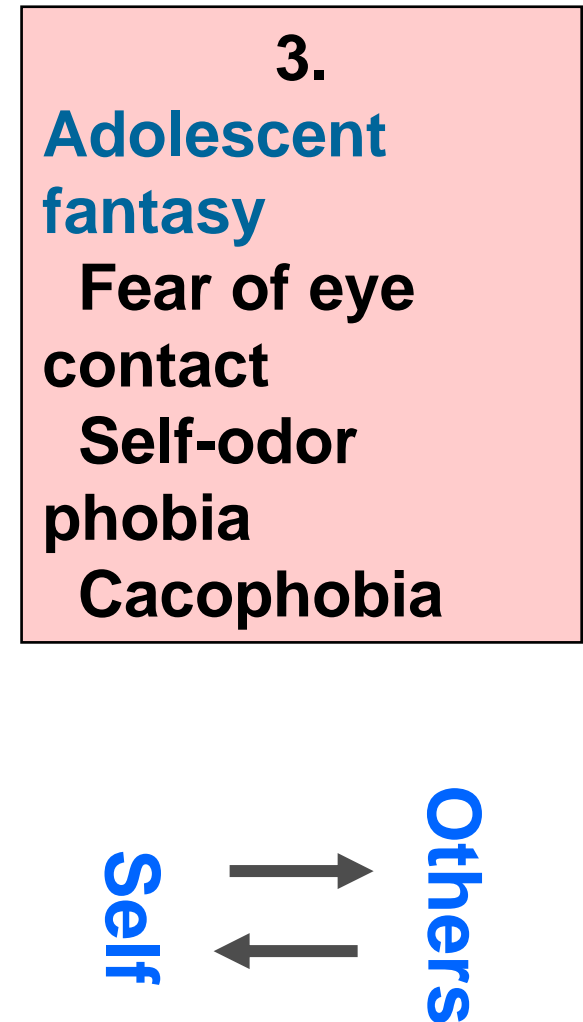
From Social Phobia to Adolescent Fantasy



Delusional tendency
(Self-association to others)

Possible offense (eye contact, odor, and ugliness are noticed by others and make them uncomfortable)

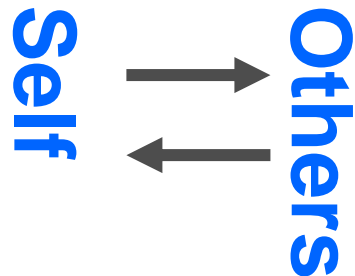
Possible damage
(I might be disliked)



From Adolescent Fantasy to Delusion

3.
Adolescent fantasy

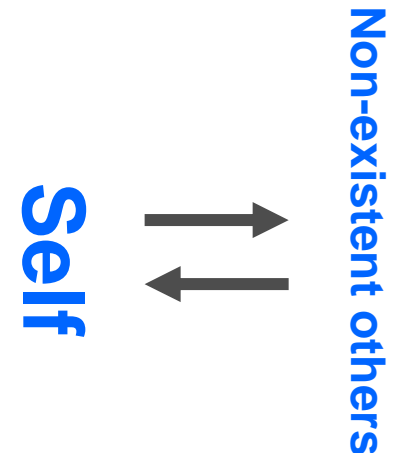
Fear of eye contact
 Self-odor phobia
 Cacophobia



Feeling of low self-esteem
 (My thoughts are known to others by a non-physical way)
Not limited to interpersonal situations
 (Unidentified others)

4.
Schizophrenic delusion

Imaginary offense
 Ego disorder





Leary's formula

Intensity of Social Anxiety = $f[M \times (1-p)]$

M = Intensity of self-presentation drive

P = Feeling of efficacy of self-presentation

**The higher the M score, the bigger the social anxiety
(Strong desire to look good)**

**The lower the P score, the bigger the social anxiety
(Not confident to look good)**

**The lower the M score, the smaller the social anxiety
(Little desire to look good)**

**The higher the P score, the smaller the social anxiety
(Confident to look good)**



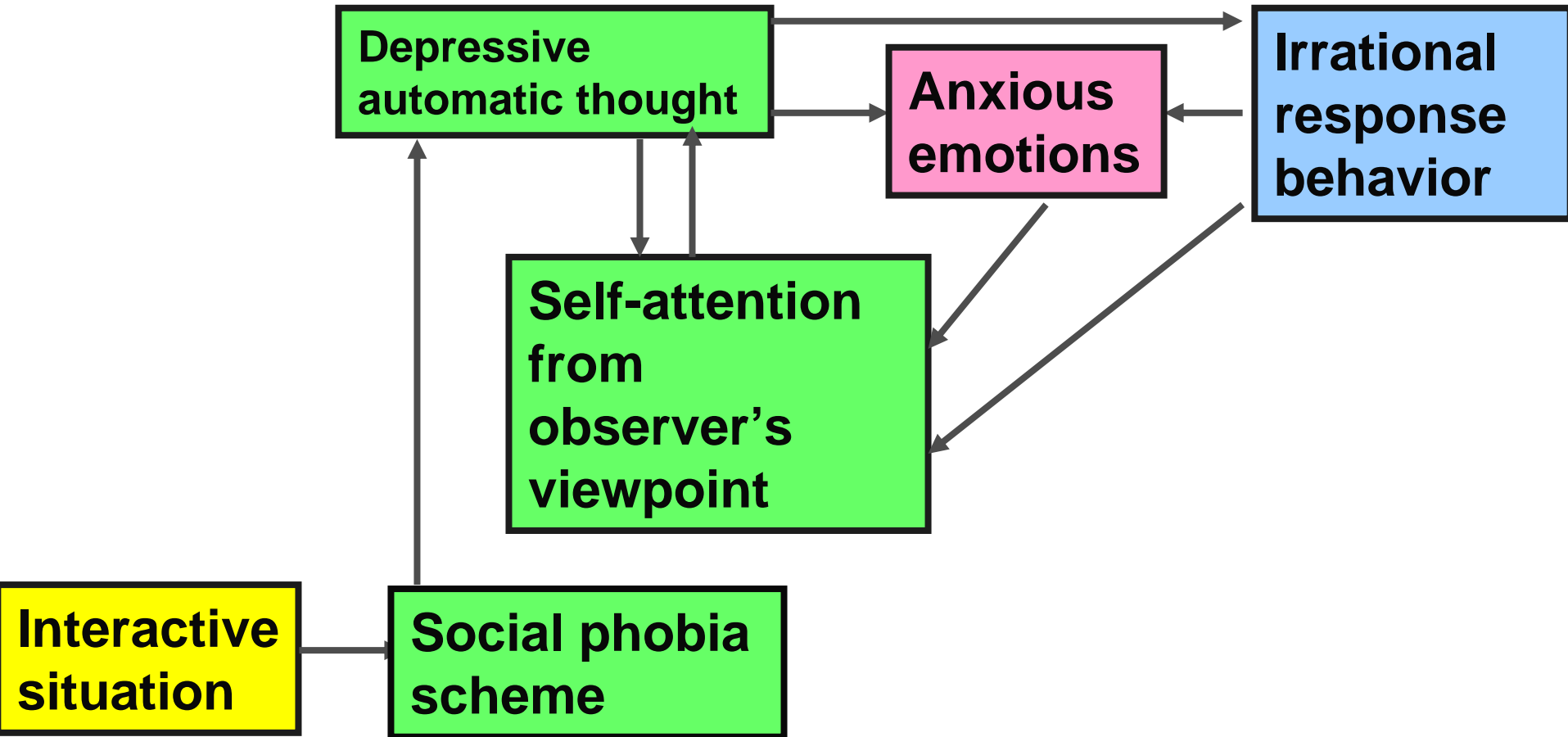
Cognitive Model for Social Phobia (Clark and Wells)

A. Incident

B. Cognition

C. Emotion

D. Behavior



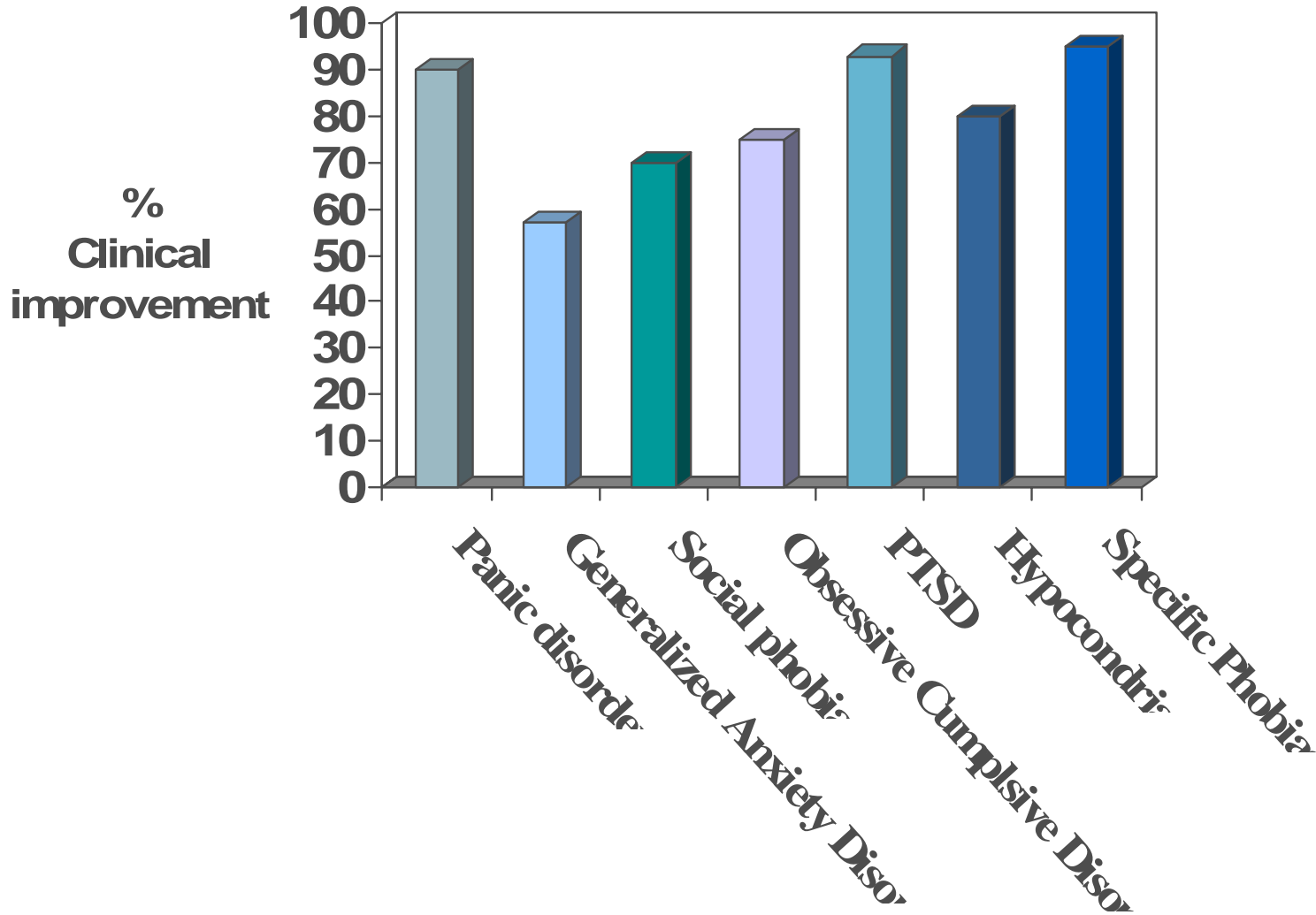


Figure 12. Effects of Cognitive Behavioral Therapy for Anxiety Disorder (1)