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in contrast to everyday nervousness social anxiety disorder includes fear anxiety and avoidance that interfere with relationships daily routines work school or other activities social anxiety disorder typically begins in the early to mid teens though it can sometimes start in younger children or in adults social anxiety disorder social phobia is a medical condition that causes fear and anxiety when you re around people in social situations people with social anxiety fear being judged or watched by others this disorder is treatable with talk therapy and medications such as antidepressants social anxiety disorder is an intense persistent fear of being watched and judged by others this fear can affect work school and other daily activities it can even make it hard to make and keep friends the good news is social anxiety disorder is treatable learn more about the symptoms of social anxiety disorder and how to find help social anxiety disorder sometimes known as social phobia is a type of anxiety disorder that causes anxiety or fear in social settings someone with this disorder has trouble talking social anxiety disorder formerly referred to as social phobia is an anxiety disorder characterized by overwhelming anxiety and excessive self consciousness in everyday social situations social anxiety disorder sad also called social phobia is a common mental health disorder that is estimated to affect up to 7 of adults in the us every year sad is characterized by an extreme fear of social situations from giving performances or speeches to attending a party

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