

Related Disorders

Social Anxiety West Topic Session

Some Facts

- 69-92% of people with Social Anxiety Disorder will have at least one other psychiatric disorder in their lifetime.
- In a sample of approximately 342 people with social anxiety disorder, 16.6% had depression, 33% panic disorder, 19% generalised anxiety disorder, 36% post-traumatic stress disorder, 18% substance abuse disorder, and 23% attempted suicide.
- People with Social Anxiety Disorder are 2-3 times more likely to develop depression than someone without it.
- In two thirds of people with both depression and social anxiety disorder, the social anxiety precedes the onset of the depression.
- More than 50% of those coming for treatment for eating disorders also have Social Anxiety Disorder
- Approximately one fifth of people with social anxiety disorder are also dependant on alcohol.

Questions

- **What mental health challenges do you suffer with aside from your social anxiety?**
- **What mental health issues do your family struggle with?**
- **How comfortable are you with talking about these other challenges compared with social anxiety?**
- **Which mental health challenge is hardest to live with and affects your life the most and which is easiest and affects your life the least?**
- **Which ones started before your social anxiety, and which ones after?**
- **Why do you think other mental health challenges commonly occur along side social anxiety?**
- **All anxiety and mood disorders (e.g. depression) are highly related to a tendency to focus on what is bad or the negative, sometimes called cognitive or threat bias. What are your thoughts on this?**
- **What steps do you think you could you take that would help with multiple mental health challenges?**