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## Social anxiety disorder: A review of environmental risk factors

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### Abstract

Social anxiety disorders (SAD) is a debilitating & chronic illness characterized by persistent fear of one or more social or performance situations, with a relatively high life time prevalence of 7% to 13%. Although the last 2 decades have witnessed enormous growth in the study of biological factors underlying SAD comparatively less attention has been directed to words environmental factors. In this paper, we provide a recent review of proposed environmental just factors for SAD.

**Keywords:** Environment, anxiety, disorder SAD, Persistent, factors.

### 1. Introduction

SAD is a debilitating & chronic illness characterized by “a marked & persistent fear of one or more social or performance situations involving exposure to unfamiliar people or possible scrutiny by others. (Furmark 2002, Schneier 2006) [2] publication of the diagnostic & statistical manual of mental Disorders.

American psychiatric Association (APA) includes these defining symptoms amongst other criteria SAD only become an independent diagnosis with the printing of the DSM – III (APA 1950).

The generalized form included fear of most social situations where as the non- generalized sometimes also referred to as SP, clinicians considered generalized SAD to be the more serious sub type.

Several researchers proposed a spectrum of social discomfort to account for these. Different constructs spryness with little impairment is located at one end, & the spectrum extends into the two sub types of SAD (Muller *et al.* 2014).

#### Risk factor Model

No Single mechanism seems to account for the development of SAD, making it very difficult to form a theoretical frame work to understand this mental illness (Hildego *et al.* 2001).

However taking into consideration the complexity of risk factors believed to play a role of one particular school of thought which links to biological, psychological & environmental factors that may represent the etiology of this anxiety disorder (Scorned *et al.* 2001).

### 2. Review of Literature

The research Community has successfully correlated parenting as one small but integral part of the mechanism in developing SAD & other anxiety disorders. In particular, Parenting attributes such as ones control that result in less child autonomy & to a lesser extent lack of warmth resulting in secure attachment are identified traits.

**Attachment & Anxiety:** A no studies have been examined the relation between attachment style & internalizing behavior problems & had verities a connection between insecure attachment & later disorders (Green & Goldwyn 2002) [4]. Although it is not clear yet that how the in search attachment factors contributes to SAD it appears to provide an unmistakable mark for risk of & later psychopathologies.

The purpose of the paper was to provide a recent review of risk and vulnerability factors that potentially evolve from the environment. we attempted to cores the most arrant evidence that adds to our understand of well documented environmental risk factors, as well as those that have been relatively understudied in past.

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The paper is divided among 4 major sections

- 1) Parenting & family environment.
- 2) Adverse life events.
- 3) Cultural & society factors.
- 4) Gender roles.

### 3. Methodology

The role of parent inference the development of anxiety issue that has yet to be completely of anxiety issue that has yet to be completely unraveled. Research has definitely opened a window that has increased our understand of some factors that might be imp. in the development of SAD. Specifically, parenting traits such as over write lack of warmth or rejection & over perfection are known. (starle *et al* 1990, Hudson 4 Rapee 2000) [3].

Little work has been conducted on the part that siblings play in the development of SAD. One recent study has examined the rate of siblings. Relationships in anxiety disorders in general. (Lind out at al 2003).

**Culture:** Many of the studies to date on perceived. Parental rearing behaviors & their potential role in the etiology of anxiety disorders had occurred in are stern countries using predominantly the participants.

### 4. Adverse life events

The extant literature regarding the inference of pre & prenatal address life conditions & their involvement in the pathogenesis of anxiety disorders. This void is surprising given that starting from conception the mother & focus share the same environment.

### 5. Cultural & society factors

The senses in the literature are that the rates of anxiety disorders are greater for those with a socio economic status this potential risk factor for SAD play out every more dramatically in developing countries (Vorcaro *et al* 2004).

### 6. Gender roles

Females have higher rates of SAD than males by a ratio of approximately 3:2 (Hidalgo at al 2001, Rapee & Spence 2004) [5, 3] in rare cases the ratio is equal between the sexes. In spite of the disparity between the genders, there has been little investigation into why there is a difference.

What is evident from this review of the recent literature on SAD is that the research methodology used over the fast 20 years is unsystematic & needs stand ordination the terminology is in contestant making it difficult to compare studies or concepts. In many cases, there are no data for comparison between little research has been undertaken in the area of SAD.

Further more, the SAD research community is presenting ideas that have yet to mature especially new information & concepts which are frequently similar but often distinct as well.

### 7. Conclusion

The review of the environmental risk factors of SAD indicates that there are four general areas currently being studied. Parenting & the family environment are by far the best researched & results show a connection between parental over control & parental psychopathology with childhood & AD.

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