
FCE Listening Social Anxiety Disorder (SAD)

Listen to the Radio show about Social Anxiety Disorder (SAD) and Answer the questions true or false.

1. Social anxiety is an experience of worry in social situations.
2. There are common anxieties about staying at home with friends.
3. Social anxiety disorder is also known as social phobia.
4. It is a disorder involving anxiety in everyday social situations.
5. People with social anxiety often are afraid of being humiliated by their own actions.
6. Their fear usually does not affect their work, school, social life, and other activities.
7. Social anxiety or fear of being around people is easily overcome.
8. SAD is different from shyness
9. Sometimes people with SAD may feel the fear during certain situations.
10. For example, an actor or singer may feel afraid on stage, but fine in social situations in everyday life.

Answers

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Transcript

Social anxiety is an experience of fear, apprehension or worry regarding social situations and being evaluated by others. People vary in how often they experience anxiety in this way or in which kinds of situations. Anxiety about public speaking, performance, or interviews is common.

Social anxiety disorder or SAD, also referred to clinically as social phobia, is a psychiatric anxiety disorder involving overwhelming anxiety and excessive self-consciousness in everyday social situations. People experiencing social anxiety often have a persistent, intense, and chronic fear of being watched and judged by others and being embarrassed or humiliated by their own actions. Their fear may be so severe that it significantly impairs their work, school, social life, and other activities.

While many people experiencing social anxiety recognize that their fear of being around people may be excessive or unreasonable, they encounter considerable difficulty overcoming it. This differs from shyness, in that the person is functionally debilitated and avoids such anxiety provoking situations by all means. At the same time, a person with social anxiety may only feel the fear of the disorder during certain situations. For example, an actor or singer may feel fine on stage, but afraid of social situations in everyday life