Treatments for Social Anxiety Disorder

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En Español (Spanish Version)

If you are diagnosed with social anxiety disorder, your doctor may prescribe medication to help you feel less anxious and afraid. A doctor or counselor who is trained in treating social anxiety disorder can also help you to become more comfortable in social situations. The optimal treatment for most patients includes a combination of drug therapy and psychotherapy (eg, cognitive-behavioral therapy).

Treatment involves the following:

Medications
Other treatments—therapy

Surgical procedures are not indicated for the treatment of social anxiety disorder.

REFERENCES:


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