



A Study to Screen Social Anxiety Disorder Among Higher Secondary School Students

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ABSTRACT

Social anxiety disorders are more prevalent in late adolescents as evidenced by that they more symptomatic in the age group of about 16 to 19 years (1). Adolescent girls inhibited as toddlers are more affected by generalized social anxiety than boys (2). Aim: To screen for social anxiety disorder among higher secondary school students using SCARED scale child version and parent version. Method: Descriptive was study done in 400 higher secondary students from two schools students and their parents were interviewed using SCARED scale child version and parent version. Results: Our study shows that 14% of the children have Social anxiety disorder. Prevalence in females is 16.5% and in males is 11.5% respectively. Conclusion: The prevalence of social anxiety disorder among school children is higher in our study compared to the previous studies with prevalence being higher in females. Prevalence of social anxiety disorder is higher than in previous studies. Prevalence is more in females which is in accordance with previous studies.

KEYWORDS

social anxiety, performance, student, behaviour, counseling

INTRODUCTION:

One of the most common psychiatric problems prevailing among adolescence in this era is the anxiety disorders (3). Adolescence is a peculiar period between a dependent child and an independent adult. They comprise of 15% of the total population in developed countries and 22.8% in India. Though many are affected, it is solely under diagnosed. This is because both the parents and the practitioners themselves ignore the early signs and symptoms and hence no appropriate treatment (4). These traits can continue through adulthood and may become permanent and difficult to treat. Early onset symptoms (<13 years) have more chronic and persisting course (5,6). The symptoms may appear subtle, but they can lead on to serious and chronic illness. Though the spectrum of anxiety disorders in adolescence varies, the critical part is it causes significant emotional stress among family members and also academic under achievement in the individual.

AIM AND OBJECTIVES

To screen for social anxiety disorder among higher secondary school students using SCARED scale child version and parent version.

MATERIALS AND METHODS:

Descriptive study was done by Department of Paediatrics, Kilpauk Medical College Hospital, and Chennai in higher secondary students. Institutional Ethics committee approval, School Management permission to conduct the study in school premises and informed consent was obtained. 400 Higher secondary school students (11th standard) from 2 schools were recruited for the study. SCARED scale, Child version and Parent version questionnaire was use to access 3 months situation. One to one interview was taken with students; parents were interviewed in teacher parent meeting individually.

RESULTS

400 higher secondary students from 2 schools were questioned, equal gender distribution in the ratio of 1:1. In child version, 14% (56) of students are having social anxiety disorder. 23 male students (11.5%), (33) 16.5% female students are having social anxiety disorder, child version. In parent version, 26 male students, 40 female students (66) are having social anxiety disorder. Comparing both child and parent version there is increase of 3.5%.

Table 1 Distribution of study results in gender

Version	Social anxiety disorder	
	Male	Female
Child version	11.5%	16.5%
Parent Version	13%	20%

DISCUSSION

Social anxiety disorder prevalence in our study is 14 % in child version and 16.5 % in parent version which is almost similar to Raakhee.A.S and Aparna.N et al (11) study which showed 15.6 %, while other studies showed an incidence ranging from 1% to 13% with an average of 7.75%. The higher incidence of social anxiety may be due to bringing up of children and negative evaluation by others.

Table 2 Comparison of Study results

Study	Social Anxiety Disorder
Richard G Heimberg et al ⁽⁹⁾	13.3%
Australian national survey of mental health	1-2.7%
Black et al (1997) ⁽¹⁰⁾	3-13% 15.6%
Raakhee.A.S and Aparna.N et al ⁽¹¹⁾	14% (child version)
Our study	16.5% (parent version)

Table 3 Comparison of Study results

Study	Male : female
Richard G Heimber et al (9)	2:3
Black et al (10)	2:3
Our study child version	4:5
Parent version	3.5:5

Our study showed a higher prevalence social anxiety in girls as in child version of 4 : 5 (M:F) and parent version of 3.5: 5(M:F) similar to Richard et al and Black et al.. In Richard g heimber et al study also higher prevalence in girls of 2:3 ratio (9).

CONCLUSION:

Our study showed higher prevalence of Social anxiety disorders in the study population. This study implies more studies are to be conducted like this study and children with anxiety disorders are to be identified at earlier stage and properly counselled and treated if necessary. This is the need of the hour and to improve both the academic and general outcome of children.

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