

RESEARCH OF FAMILIAL FACTORS IN THE DEVELOPMENT OF SOCIAL ANXIETY DISORDER

Chebakova Y., Jlassi L.

The National technical university "Kharkiv polytechnic institute", Kharkiv

The purpose of this project is to explore familial factors that influence the development of social anxiety disorder (SAD) in children and adolescents, including parenting, sibling relationships, and family environment. A multitude of interrelated genetic and familial factors have been found to cause and maintain SAD in children and adolescents. There are many challenges in diagnosing and treating the disorder. Knowledge and awareness of familial factors provide insight on targeted treatments that prevent or ameliorate SAD. The influence of nature and nurture on human behavior has been researched for decades. After completion of the Human Genome Project in 2003, one would think that the mystery behind genetic predisposition was solved. What was discovered is that genomes are complicated and developmental and health factors are influenced by multiple genes as well as environmental and lifestyle factors. Although many medical conditions have been shown to have a genetic predisposition, there are still unanswered questions about the influence of environment on the ultimate development of illness. Social anxiety disorder (SAD) is one example of a disorder in which there is a complex relationship between genetics and environment. Behind only specific phobias, SAD is the most common anxiety disorder in the United States, with approximately 13% of the population developing the disorder during their lifetime. Among adolescents, the lifetime prevalence of SAD is 8.6% Worldwide, lifetime prevalence of SAD is 4%. SAD is a marked, intense fear of social interactions with other people. The onset of SAD is typically during childhood or adolescence. A multitude of interrelated variables, such as genetic vulnerability, temperament, parental factors, and environmental influences contribute to the etiology and maintenance of SAD. For individuals who struggle with SAD, symptoms can interfere with all areas of life, including relationships, occupations, and educational endeavors. The current article will explore familial factors that can influence the development of SAD in children and adolescents. Knowledge of familial factors provides insight on targeted treatments that prevent or minimize severity of the disorder.

Family is a main component in the learning, growth, and development of children. In addition, the family is an important source of recreation and social interaction, especially in early childhood years. There is a substantial body of evidence regarding the influence of parenting and the family in the etiology of SAD.

References

1. https://www.researchgate.net/publication/47337726_Familial_risk_factors_in_social_anxiety_disorder
2. <https://link.springer.com/article/10.1007/s10802-019-00588-5>
3. <https://journals.healio.com/doi/10.3928/02793695-20210219-01>