

Social Anxiety and Social Phobia in Youth

**Characteristics, Assessment, and
Psychological Treatment**

SERIES IN ANXIETY AND RELATED DISORDERS

Series Editor: **Martin M. Antony**, *Anxiety Treatment and Research Centre,
St. Joseph's Hospital, Hamilton, Ontario, Canada*

SOCIAL ANXIETY AND SOCIAL PHOBIA IN YOUTH
Characteristics, Assessment, and Psychological Treatment
Christopher A. Kearney

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**Characteristics, Assessment, and
Psychological Treatment**

Christopher A. Kearney

*University of Nevada
Las Vegas, Nevada*

Springer

eBook ISBN: 0-387-22592-7
Print ISBN: 0-387-22591-9

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For Derek and Claire —
May your lives be social ones (but a little careful too).

PREFACE

A great benefit of being a clinical child psychologist is the opportunity to conduct and review research on fascinating areas of human, youthful behavior. And perhaps no behavior is as central to human existence as *social* behavior, and the lack thereof. In writing this book, therefore, I have been doubly blessed with the chance to examine seminal works on behaviors that are so critical to the development and quality of life of children.

This book covers the major historical aspects, characteristics, assessment strategies, and psychological treatment techniques for youths with social anxiety and social phobia. Chapter 1 provides an introduction to the related constructs and history of social phobia. Chapters 2 and 3 provide a summary of the characteristics and etiological variables that pertain most to youths with social anxiety and social phobia. Chapters 4 and 5 provide an overview of research- and clinically-based assessment strategies and recommendations for this population. Chapters 6–9 provide a description of treatment techniques that are most relevant and empirically supported for youths with social anxiety and social phobia. Chapter 10 covers issues regarding general and relapse prevention as well as difficult cases and future directions.

This book is intended for a wide array of audiences, including clinical and counseling psychologists, school and educational psychologists, social workers, psychiatrists, pediatricians, guidance counselors, principals, teachers, and other relevant professionals. In general, though, the book is meant for those who simply wish to gain a better knowledge of youths with social anxiety and social phobia. The literature in this area is growing fast, and keeping up with the technologies that have been developed to measure and address this important population is crucial.

This book is also a testament to the research pioneers in the area of childhood social anxiety and phobia, including Deborah Beidel, Annette La Greca, Anne Marie Albano, Jerome Kagan, Cynthia Last, Philip Kendall, and Wendy Silverman, among many others. The book is also testament to those adult social anxiety and phobia researchers who have contributed so much to the foundation of childhood assessment and treatment technologies in this area, including Richard Heimberg, Samuel Turner, Philip Zimbardo, David Barlow, and Murray Stein, among many others.

I would like to thank Marty Antony, the series editor, and the good people of Kluwer/Academic Plenum for the opportunity to publish this book. I specifically thank Ms. Sharon Panulla at Kluwer/Academic Plenum for her invaluable assistance. In addition, I must give an *enormous* thank you to Amie Lemos, my tireless graduate student who spent months and months tracking down for me hundreds of articles and books. I thank my other graduate students as well for their patience, including Kelly Drake, Lisa Linning, Jennifer Vecchio, and Krisann Alvarez. As always, I thank Charles Rasmussen of the University of Nevada, Las Vegas for his support and successful efforts to secure a comfortable work environment. Finally, I thank my wife, Kimberlie, and our two children, Derek and Claire, for their wonderful emotional support and patience as well. They continue to be my best friends and teachers.

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