

Shyness in Arab countries : Is it a physiological or pathological phenomenon?

Abdel-Razeq, G. Rashad, M. El-Manasef, A.

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This study aimed to differentiate between physiological and pathological shyness as well as to find out their prevalence in a community sample in two different Arab countries and lastly to compare shyness and related psychiatric symptoms as avoidant personality symptoms and social phobia symptoms in the two countries. A community sample of two groups, each consisted of 76 college students from Egypt and Saudi Arabia was examined. The study concluded that although shyness is considered a physiological phenomenon in some cultures, which is socially accepted and expected, there is another type of shyness, which is a pathological phenomenon that mostly related to avoidant personality and socialphobia symptoms, whether it represents the same or different psychopathology.