

Social phobia in college students in Egypt : Frequency, correlates and determinants

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The purpose of this study was to provide normative data on the frequency with which individuals in a non-clinical sample experience social anxiety (phobia) symptoms and to investigate the correlates and determinants of social anxiety (phobia). This study involved 176 college students in Egypt who undergo self-rating for social phobia and social interaction anxiety using Social Phobia Scale and Social Interaction Anxiety Scale. Data entry and analysis were done using Epi-info 6.2 and SPSS.

Pearson correlation analysis was used to study correlates of social phobia and social interaction anxiety. For studying the determinants of social phobia and social interaction anxiety, multiple stepwise logistic regression analysis was done with social phobia or social interaction anxiety as dependent variable and socio-demographic and other studied variables as (independent variables).

The results of the study were discussed within the cultural context and limitations were considered.

In conclusion, social phobia and social interaction anxiety are common in this non clinical sample. Increased public and professional awareness is essential for the early detection and management of those individuals to improve their functioning and productivity.