

**"Investigating the prevalence of social anxiety disorder and its attitude and awareness among Individuals referring to comprehensive health centers of Ardabil city in 2022"**

**Abstract**

**Background:** Social anxiety disorder is a specific and intense fear or anxiety of social situations where a person is judged or evaluated by others. This disorder affects normal social development and transformation in the individual and leads to disturbing functional disturbances. Considering the importance of the initial estimation of the prevalence of mental disorders in their optimal management, the present study was conducted with the aim of investigating the prevalence of social phobia disorder and the attitude and awareness towards it among the people who refer to the comprehensive health centers of Ardabil in 2022.

**Materials and Methods:** In this descriptive and analytical cross-sectional study, 500 residents of Ardabil city in 2022 were selected and evaluated by stratified random method. The required information including demographic characteristics, level of awareness and attitude towards the said disorder was collected by completing the questionnaire by the studied subjects. SPIN questionnaire was used to diagnose social anxiety disorder. Relevant information was evaluated by inserting it into SPSS software version 22 based on the objectives of the study.

**Results:** 22% of people showed some degree of social anxiety disorder. Nearly half of the sufferers had mild levels of social anxiety disorder. Also, 62% of the studied subjects had an average level of awareness about social anxiety disorder and 10.9% had a weak level of awareness about this type of anxiety disorder. 64.9% of people had a negative and unfavorable attitude towards this disorder. The social phobia score showed a weak negative correlation with the income level, which was statistically significant ( $P=0/001$ ).

**Conclusion:** The results of the present study showed that the population of Ardabil city residents are facing a very high prevalence of social anxiety disorder. Despite the high prevalence of this anxiety disorder, most people have a moderate level of awareness about it and in most cases have a negative and unfavorable attitude towards it.

**Keywords:** Social phobia, social anxiety, anxiety disorder, awareness, attitude.