## Contents

List of tables

List of tables Acknowledgments		<i>page</i> xi xiii	
	Preface		
Pa	rt I What is Social Phobia?	1	
1	Social Phobia: a Self-Protective Interpersonal Pattern	3	
2	The Genealogy of Social Phobia	16	
Pa	rt II What is The Nature of Social Phobia?	25	
3	Social Phobia as a Disorder of Social Anxiety	27	
4	Social Phobia as a Disease	67	
5	Social Phobia as a Hypothetical Construct	75	
Pa	rt III What Causes Social Phobia?	141	
6	Social Phobia as a Consequence of Brain Defects with Graciela Pīneyro	143	
7	Social Phobia as a Consequence of Cognitive Biases	184	
8	Social Phobia as a Consequence of Inadequate Social Skills	225	
9	Social Phobia as a Consequence of Individual History	246	
Paı	rt IV What Helps Social Phobic Individuals?	287	
10	The Treatments of Social Phobia: Their Nature and Effects	289	

x Contents	
Part V Concluding Remarks	335
11 Conclusions and Integration	337
References	359
Author Index	407
Index	424

## Tables

5.1	Main defining criteria of social phobia in the	
	International Classification of Diseases (ICD-10)	
	and the Diagnostic and Statistical Manual of	
	Mental Disorders (DSM-IV)	page 76
5.2	A conceptual outline of validity elements and	
	ways of testing them	81
5.3	Reliability: agreeing about the entity of social phobia	86
	Predictors of response to treatment	95
	Social phobia in the family	99
	Association of social phobia with other disorders	106
5.7	Social phobia as distinct from other disorders	116
5.8	Prevalence of social phobia among adults (community)	126
5.9	Prevalence of social phobia among adults (clinical)	131
6.1	Direct and indirect measures of neurotransmitter systems	s 146
	Panicogenic challenges: peptides probes	155
6.3	Measurements of neuroendocrine function	158
	Neuroimaging studies	160
	Approaches to the study of genetic transmission	
	and respective quality of evidence	174
6.6	Studies of genetic transmission	179
7.1	Comparative cognitive outcome of exposure and	
	cognitive modification	212
7.2	Comparative cognitive outcome of treatment packages	
	with a cognitive component and other treatments	214
7.3	Comparative cognitive outcome of cognitive and	
	pharmacological therapies	217
7.4	Cognitive effects of pharmacotherapy (FNE)	218
8.1	Psychometric characteristics of the Scale for	
	Interpersonal Behavior (SIB)	230
8.2	Psychometric characteristics of the Simulated	
	Social Interaction Test (SSIT)	233
	* · · · · · · · · · · · · · · · · · · ·	

xii	List	of	tables

9.1	Family characteristics and their relationship with social phobia, avoidant personality disorder and social anxiety	264
10.1	Comparative outcome of psychological	204
	approaches – anxiety reduction	293
10.2	Comparative outcome of psychological	
	approaches - improving social functioning	301
10.3	Comparative outcome of pharmacological	
	approaches - anxiety reduction	307
10.4	Comparative outcome of various classes of medication	319
	Undesirable effects of medication	321
10.6	Comparative outcome of psychological and	
	pharmacological approaches	322