

# Social Fears in Adolescence

## The Social Anxiety and Avoidance Scale for Adolescents

Marina Cunha, José Pinto Gouveia, and Maria do Céu Salvador

Cognitive-Behavioral Department of the Faculdade de Psicologia e Ciências da Educação,  
Coimbra University, Portugal

**Abstract.** This study describes the development, factor structure, psychometric properties, and validity of the Social Anxiety and Avoidance Scale for Adolescents (SAASA). Two subscales assessing discomfort and avoidance of typical social situations faced by adolescents constitute the SAASA. Both subscales revealed good internal consistency and temporal stability. Convergent validity was determined comparing the Social Anxiety and Avoidance Scale for Adolescents (SAASA) scores to Social Anxiety Scale for Adolescents scores (SAS-A), scores for general anxiety (Revised Children's Manifest Anxiety Scale, RCMAS), and scores for depression (Children's Depression Inventory, CDI). Confirmatory factor analyses supported six distinct factors revealing different dimensions of social fears. The SAASA effectively discriminated between adolescents with social phobia with and without comorbid diagnoses, and adolescents with social phobia from adolescents with other anxiety disorders or without any disorder. These results suggest that the SAASA is a valid instrument to use in the clinical assessment and research on adolescent social phobia.

**Keywords:** social fears, assessment, reliability, sensitivity and specificity

### Introduction

Social anxiety disorder is a prevalent anxiety disorder in childhood and adolescence. Having a chronic course and being associated to the development of other emotional disorders, it has a significant impact on the child's or adolescent's life (Albano & Hayward, 2004; Beidel, Morris, & Turner, 2004; Morris, 2004; Rapee & Sweeney, 2001). The early onset of this disorder (usually during adolescence, although it can be diagnosed in any age) and the fact that it will not remit without adequate treatment give social phobia the potential to influence the individual's future, interfering in his or her physical, social, academic, or occupational functioning (Furmark, 2002; Stein & Gorman, 2001).

Even in face of the evident limitations and problems social phobia implies, several studies state that it remains insufficiently recognized and treated, often hidden by other disorders or incorrectly assessed as being, merely, an individual trait, and thus, not being a worthwhile target for a therapeutic intervention (Weiller, Bisschop, Lepine, & Leclercq, 1996; Stein, McQuaid, Laffaye, & McCabill, 1999; Kitzelnick & Greist, 2001). The difficulty in recognizing social phobia can be particularly evident during adolescence, because this phase is usually characterized by an increment of social anxiety due to new developmental tasks and challenges in this phase. Since high levels of social anxiety put the adolescent at risk of developing more severe long-range problems, it is important to alert parents, teachers, and clinicians to the need of identifying signs of distress associated to social problems as early as possible, so it may be possible to interrupt the anxiety process and

to promote adequate behavior and functioning in adulthood.

The literature on clinical interventions in childhood and adolescence reveals a scarcity of specific information and assessment instruments for social anxiety and social phobia in adolescence. With the present study we hope to contribute to this area through the development of a self-report questionnaire that allows the identification of several dimensions of social fears in adolescents.

Self-report instruments are of great value to clinical investigation and practice since they allow a quick gathering of information according to the individual's own perspective. This kind of instruments raises several reliability and validity problems when applied to very young children, given their immaturity to conduct a self-reflection and the eventual difficulties in understanding the written questions. Nevertheless, investigation has shown that, as they grow older – namely, during adolescence – youngsters are gradually capable of answering self-report questionnaires in a rather valid and reliable way (Essau & Barret, 2001). Additionally, adolescents have shown to be more accurate sources of information than parents and teachers regarding information about their inner states (DiBartolo, Albano, Barlow, & Heimberg, 1998; Myers & Winters, 2002).

The wide use of self-report questionnaires in the assessment of big samples in prevention programs and epidemiological studies derives from the fact that they are time-saving procedures and facilitate young people's adherence, comparatively to interviews conducted by clinicians.

At the time we developed the Social Anxiety and Avoidance Scale for Adolescents (SAASA), only two specific self-report instruments to assess social anxiety and social

# The Fears Of Adolescents

**VM Jensen**



## **The Fears Of Adolescents:**

## Unveiling the Power of Verbal Artistry: An Mental Sojourn through **The Fears Of Adolescents**

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### **Table of Contents The Fears Of Adolescents**

1. Understanding the eBook The Fears Of Adolescents
  - The Rise of Digital Reading The Fears Of Adolescents
  - Advantages of eBooks Over Traditional Books
2. Identifying The Fears Of Adolescents
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an The Fears Of Adolescents
  - User-Friendly Interface
4. Exploring eBook Recommendations from The Fears Of Adolescents
  - Personalized Recommendations

- The Fears Of Adolescents User Reviews and Ratings
- The Fears Of Adolescents and Bestseller Lists
- 5. Accessing The Fears Of Adolescents Free and Paid eBooks
  - The Fears Of Adolescents Public Domain eBooks
  - The Fears Of Adolescents eBook Subscription Services
  - The Fears Of Adolescents Budget-Friendly Options
- 6. Navigating The Fears Of Adolescents eBook Formats
  - ePub, PDF, MOBI, and More
  - The Fears Of Adolescents Compatibility with Devices
  - The Fears Of Adolescents Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of The Fears Of Adolescents
  - Highlighting and Note-Taking The Fears Of Adolescents
  - Interactive Elements The Fears Of Adolescents
- 8. Staying Engaged with The Fears Of Adolescents
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers The Fears Of Adolescents
- 9. Balancing eBooks and Physical Books The Fears Of Adolescents
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection The Fears Of Adolescents
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine The Fears Of Adolescents
  - Setting Reading Goals The Fears Of Adolescents
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of The Fears Of Adolescents
  - Fact-Checking eBook Content of The Fears Of Adolescents

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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