



# Social anxiety disorder and the psychobiology of self-consciousness

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Individuals with social anxiety disorder (SAD) are characterized by fear or anxiety about social situations, but also by important alterations in self-referential processing. Given advances in our understanding of the neurocircuitry and neurochemistry of SAD, the question arises of the relationship between this research and an emergent literature on the psychobiology of self and self-consciousness. A number of investigations of SAD have highlighted altered activity in the medial prefrontal cortex (mPFC; involved in self-representation), insula (involved in interoceptive processing), and other structures that play a role in bodily self-consciousness, as well as the potential value of interventions such as selective serotonin reuptake inhibitors (SSRIs) and self-focused reappraisal in normalizing such changes. Future studies to more closely investigate associations between psychobiological alterations and changes in self-related processing in SAD, may be useful in shedding additional light on both SAD and self-consciousness.

**Keywords:** social anxiety disorder, psychobiology, self-consciousness, insula, temporoparietal

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Social anxiety disorder (SAD or social phobia) is characterized in DSM-5 in terms of fear or anxiety about social situations in which the individual is exposed to possible scrutiny by others (American Psychiatric Association, 2013). Patients with SAD may have important alterations in self-referential processing (Gaebler et al., 2014; Jaralet et al., 2015), and self-consciousness in SAD may be associated with increased severity of social anxiety (Hope and Heimberg, 1988). Given advances in our understanding of the neurocircuitry and neurochemistry of SAD (Hartings et al., 2012; Fox and Kalin, 2014), the question arises of the relationship between this research and an emergent literature on the psychobiology of self and self-consciousness (Northoff et al., 2011)? Here I briefly address this issue.

## Sad and Self-Consciousness

To begin with, it is important to establish the nature of self-consciousness in SAD. A distinction has been drawn between public self-consciousness, or awareness of the public aspects of the self, and private self-consciousness, or awareness of one's thoughts and feelings (Hope and Heimberg, 1988). SAD patients with high public self-consciousness were found to have more social anxiety, while those with high private self-consciousness were found to report more extensively and more accurately on their internal states (Hope and Heimberg, 1988). Still, the literature in this area is surprisingly sparse, and a good deal remains to be learned about the predictors and associations of self-consciousness and related phenomena in SAD (Schlenker and Leary, 1982; Panayiotou et al., 2014).

A construct that may be partially related to self-consciousness is that of self-focused attention. This has been defined in terms of awareness of self-referent, internally generated information, and may include awareness of thoughts and feelings, as well as of body

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