
Psychological Report Journal

Psychological Report Journal: Case Study

Title: Understanding the Impact of Social Anxiety on Academic Performance in Adolescents

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Abstract:

This case study examines the relationship between social anxiety and academic performance in a 16-year-old high school student. Through a comprehensive psychological assessment and intervention, we explore how social anxiety impacts learning abilities and social interactions in educational settings.

Introduction:

Social anxiety disorder is prevalent among adolescents and can significantly impair their academic and social functioning. This report presents the case of "Sarah," a 16-year-old student who displayed symptoms of social anxiety affecting her school performance and peer relationships.

Case Presentation:

Sarah is a junior at City High School, referred to the school psychologist due to declining grades and withdrawal from classroom participation. Previous academic records indicated high achievement, which contrasted sharply with recent performances.

Methodology:

- **Assessment Techniques:** Clinical interviews with Sarah and her parents, behavioral observations in school settings, and standardized psychological testing.
- **Instruments Used:** The Social Anxiety Scale for Adolescents (SAS-A) and the Wechsler Intelligence Scale for Children (WISC-V).

Findings:

Sarah's scores on the SAS-A indicated severe social anxiety. The WISC-V results showed above-average cognitive abilities, suggesting that her academic decline was not related to cognitive capacity but likely due to emotional and psychological factors.

Discussion:

The findings illuminate the profound effect social anxiety can have on an adolescent's ability to perform academically. Sarah's case supports existing research that suggests social anxiety can lead to significant academic decline and social withdrawal.

Interventions:

- **Cognitive Behavioral Therapy (CBT)** focused on anxiety management.
- **Peer Interaction Strategies:** Encouraging structured group work and school social functions.
- **Family Therapy:** To address communication issues and support strategies at home.

Outcomes:

After six months of intervention, Sarah showed marked improvement in both academic performance and social interactions. Her anxiety symptoms decreased, and she became more active in class discussions and group activities.

Conclusion:

This case study highlights the critical need for early identification and treatment of social

anxiety in adolescents. Integrating psychological support within educational settings can mitigate the negative impacts of social anxiety on academic performance.

References:

- [Author et al., 2023]. The Impact of Social Anxiety on Learning Outcomes in Teenagers.
- [Author et al., 2022]. Cognitive Behavioral Therapy and Its Efficacy in Treating Adolescent Anxiety.

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