

## **Model for Predicting Social Anxiety Based on Perfectionism, Social Self-Efficacy, and Cognitive Distortions in Male and Female Adolescents**

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### **Extended Abstract**

#### **Aim**

The majority of a person's personality is formed during adolescence, which is known as a dynamic and active period of life. Undoubtedly, the significance of the adolescent developmental period cannot be denied so that an adolescent may experience difficulties in various personal, family, psychological, emotional, social, and health-related domains. Although the prevailing belief among researchers is that the majority of people pass through the developmental stage of adolescence and the unstable psychological and emotional states of that stage in good health, recent studies indicate that the number of adolescents exhibiting behavioral or emotional damage is on the rise. Social anxiety is one of the social problems that can threaten the mental, emotional, and social well-being of adolescents. Persons with social anxiety symptoms attempt to avoid social situations in which they may be evaluated by others, which cause anxiety symptoms. Compared to their classmates, adolescents with social anxiety have fewer social interactions, are less compatible with their surroundings, and have difficulty meeting social demands. Therefore, this research was conducted to develop a model for predicting social anxiety in male and female adolescents based on perfectionism, social self-efficacy, and cognitive distortions.

#### **Method**

In 2020, the statistical population included mothers of preschool-aged children in the city of Naeen; 179 mothers were sampled using the available sampling method. The inclusion criteria included parental consent, the presence of both parents, cohabitation with both parents, and an age range between 5 and 6 years. The exclusion criteria were the presence of a specific psychiatric disorder in a parent or child, as well as the child's disability. The data collected using the social skills questionnaire (SSRS), the Mother-Preschool Child Interaction Questionnaire (MPCIS), and the Social Understanding Scale (CSUS) were analyzed using structural equation analysis by AMOS software.

#### **Findings**

Perfectionism, social self-efficacy, and cognitive distortions were found to have a significant relationship with social anxiety ( $p < 0.01$ ). In addition, perfectionism and social self-efficacy have a direct significant impact on cognitive distortions associated with social anxiety ( $p < 0.01$ ). In addition, the results of the Bootstrap and Sobel tests indicated that cognitive distortions play an important mediating role in the relationship between perfectionism and social self-efficacy and social anxiety in male and female adolescents ( $p < 0.01$ ). Ultimately, the model's goodness of fit was satisfactory.

#### **Discussion**

Considering the significant mediating role of cognitive distortions, it is necessary for clinical clinicians to use cognitive techniques to reduce adolescents' cognitive distortions. Cognitive distortions impact a person's thoughts and attitude toward himself, their abilities, and their social interactions, and damage their perception of their own self-efficacy. By affecting social self-efficacy, cognitive distortions cause people to feel more fear and foreboding in their environment and social interactions, resulting in increased social anxiety.

**Keywords:** Social Anxiety, Perfectionism, Social Self-Efficacy, Cognitive Distortions, Adolescents.