

These were the websites that we used to do our research during our project. Our goal was to use reliable sources while still collecting as much information as possible.

1. <https://www.apa.org/topics/anxiety>
2. [Social Anxiety Outline](#)
3. <https://www.nimh.nih.gov/health/publications/social-anxiety-disorder-more-than-just-shyness>
4. <https://www.mayoclinic.org/diseases-conditions/social-anxiety-disorder/symptoms-causes/syc-20353561>
5. https://www.med.upenn.edu/ctsa/social_anxiety_symptoms.html
6. <https://childmind.org/article/what-is-social-anxiety/>
7. <https://pubmed.ncbi.nlm.nih.gov/31839417/>
8. <https://www.americanmentalwellness.org/prevention/risk-and-protective-factors/>
9. <https://youth.gov/youth-topics/youth-mental-health/risk-and-protective-factors-youth>
10. <https://theconnectprogram.org/resources/risk-protective-factors/>
11. <https://adaa.org/understanding-anxiety/facts-statistics#:~:text=Social%20Anxiety%20Disorder,typically%20begins%20around%20age%2013.>
12. <https://mhanational.org/conditions/social-anxiety-disorder>
13. <https://anxietyinstitute.com/what-we-treat/anxiety-disorders/social-phobia/>