



SOCIAL ANXIETY & ONLINE SOCIAL INTERACTION



Introduction

- Clark & Wells model of social anxiety in online social interactions has not been applied
- The role of the internet as an avoidance strategy
- Investigating the relationship between social anxiety, online interactions & well-being



Hypotheses

1. Correlation between social anxiety & self-focussed attention
2. Internet use to avoid face-to-face interactions
3. Online social interactions better psychologically for individuals with social anxiety
4. Negative relationship between social anxiety & well-being



Methods

- N = 109, recruited via social media
- Questionnaires for internet use and social anxiety levels
- Cross-sectional design

- Social anxiety not correlated with self-focussed attention but the Clarks & Wells model is supported
- More Internet usage for high levels of social anxiety in a maladaptive manner
- Social anxiety correlated with fear of negative evaluation

Discussion

- Internet is not necessarily a substitute for face-to-face interactions
- Less time on the internet can be worse than more time for socially anxious people

