



### The Efficacy of Homeopathic Remedies as an Adjuvant Therapy in Patients with Social Phobia

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#### Abstract

Social phobia is an anxiety disorder characterized by heightened fear and avoidance of one or more social or performance situations, including public speaking, meeting new people, eating or writing in front of others and attending social meetings. People with social phobia are typically anxious about the possibility that others will evaluate them negatively and/or notice symptoms of their anxiety. Symptoms of social phobia can be effectively treated with evidence-based treatment, including cognitive behavior therapy (CBT) and psychopharmacological medications. However, not all individuals respond to treatment and many of them do not show long-term improvement. Thus, alternative treatments are needed. Several clinical trials have shown the effectiveness of homeopathy as an adjuvant therapy in anxiety disorders such as social phobia especially in patients with mildly to severely symptomatic conditions.

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