

# **ABORDAJE COGNITIVO-COMPORTAMENTAL DE LA ANSIEDAD SOCIAL EN ADULTOS JÓVENES: UNA REVISIÓN DE AVANCES CIENTÍFICOS**

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Trabajo de Investigación presentado como requisito para optar el título de:  
**Especialista en Psicología Clínica**

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## **RESUMEN**

La ansiedad social se manifiesta como un temor profundo y constante a situaciones sociales o a realizar actividades en público, donde el individuo presume ser evaluado, criticado o avergonzado. Este trastorno puede afectar considerablemente la vida cotidiana, en particular en jóvenes adultos que deben enfrentar regularmente situaciones sociales. El objetivo de la presente monografía fue explorar los avances investigativos de las intervenciones cognitivo comportamental en la ansiedad social en adultos jóvenes en el periodo de 2019 a 2023. La investigación se realizó mediante la revisión de la literatura siguiendo las recomendaciones del modelo PRISMA en la base de datos EBSCO teniendo en cuenta criterios previamente establecidos. Se recuperaron inicialmente (n=54) artículos y subsiguiente a el análisis fue disminuido a (n=13) que fueron revisados a texto completo y cumplieron con los criterios de inclusión. Los estudios incluidos

presentan intervenciones que abarcan diferentes enfoques terapéuticos desarrollados en Australia, Estados Unidos, y varios países de Europa. Las técnicas de intervención del modelo cognitivo conductual más prevalentes incluyen la atención plena (Mindfulness), la terapia racional emotiva (TREC) y formatos de intervención en línea, como EMBRACE. Estas intervenciones han demostrado ser efectivas para reducir los síntomas de ansiedad social y a su vez mejorar la regulación emocional y las habilidades sociales. Los resultados de los estudios fueron predominantemente positivos, evidenciando mejoras significativas en los síntomas de ansiedad social, la satisfacción con el tratamiento y el desarrollo de habilidades interpersonales. Sin embargo, algunos investigadores señalaron la necesidad de realizar ajustes, como un mayor énfasis en la exposición en vivo y la inclusión de sesiones de seguimiento para mantener los logros alcanzados. Esto sugiere que, si bien los tratamientos son generalmente efectivos, la personalización y la continuidad del apoyo son cruciales para maximizar los beneficios a largo plazo. Además, los hallazgos confirmaron que la TCC es una intervención eficaz para el tratamiento de la ansiedad social. La combinación de Técnicas Cognitivo-Comportamentales con mindfulness y otros enfoques híbridos parece proporcionar un marco terapéutico sólido, adaptable a las necesidades individuales y contextuales de los pacientes. No obstante, es fundamental continuar investigando la eficacia comparativa de estas modalidades y técnicas para mejorar las intervenciones futuras.

**Palabras clave:** Ansiedad Social, Adultos Jóvenes, Terapia Cognitiva Comportamental, Intervención, Efectividad.

## ABSTRACT

Social anxiety manifests as a profound and constant fear of social situations or performing activities in public, where individuals presume they will be evaluated, criticized, or embarrassed. This disorder can significantly impact daily life, particularly in young adults who frequently encounter social situations. The objective of this monograph was to explore the research advancements regarding cognitive-behavioral interventions for social anxiety in young adults from 2019 to

2023. The investigation was conducted through a literature review following PRISMA guidelines in the EBSCO database, taking into account pre-established criteria. Initially, (n=54) articles were retrieved, which were subsequently reduced to (n=13) after analysis, meeting the inclusion criteria for full-text review. The included studies present interventions encompassing various therapeutic approaches developed in Australia, the United States, and several European countries. The most prevalent cognitive-behavioral intervention techniques include mindfulness, rational emotive therapy (RET), and online intervention formats such as EMBRACE. These interventions have proven effective in reducing symptoms of social anxiety while also improving emotional regulation and social skills. The results of the studies were predominantly positive, showing significant improvements in social anxiety symptoms, treatment satisfaction, and the development of interpersonal skills. However, some researchers pointed out the need for adjustments, such as a greater emphasis on live exposure and the inclusion of follow-up sessions to maintain achieved outcomes. This suggests that, while treatments are generally effective, personalization and ongoing support are crucial for maximizing long-term benefits. Additionally, findings confirmed that cognitive-behavioral therapy (CBT) is an effective intervention for treating social anxiety. The combination of cognitive-behavioral techniques with mindfulness and other hybrid approaches appears to provide a solid therapeutic framework, adaptable to the individual and contextual needs of patients. Nevertheless, it is essential to continue researching the comparative effectiveness of these modalities and techniques to enhance future interventions.

**Key Words:** Social Anxiety, Young Adults, Cognitive Behavioral Therapy, Intervention, Effectiveness

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