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ADMINISTRATIVE INFORMATION**Support** - None.**Review Stage at time of this submission** - Preliminary searches.**Conflicts of interest** - None declared.**INPLASY registration number:** INPLASY202520024**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 5 February 2025 and was last updated on 5 February 2025.**INTRODUCTION**

Review question / Objective This systematic review aims to provide a theoretical framework based on reliable data and information about the concept of social anxiety disorder (SAD) and its impact on quality of life (QoL). It examines the magnitude of their interaction across various aspects of life, including personal or intimate relationships, occupational performance, and physical and mental health. Furthermore, it highlights the factors contributing to the impact of SAD on QoL, with a focus on individuals diagnosed with SAD. By addressing these factors, the review aims to support individuals with SAD, reduce its impact, and create a more supportive environment that fosters opportunities for improvement. Ultimately, this can help enhance QoL, reduce the psychological burden, and promote overall well-being.

The significance of this systematic review lies in the fact that, to the best of the researcher's knowledge, it is the first of its kind to employ a comparative correlational approach in addressing

gaps in the literature that link SAD and its impact on QoL. It critically analyzes the available studies, offering a unique contribution to deepening the understanding of this relationship. By systematically focusing on individuals diagnosed with SAD, this review identifies the most affected aspects of QoL and the factors that exert the greatest influence. The review seeks to answer the following key questions:

1. How does SAD affect various aspects of QoL, and what are the factors contributing to this impact?
2. Which aspects of QoL are most affected in individuals with SAD?

Rationale Social anxiety disorder (SAD) is a common psychiatric disorder with an estimated lifetime prevalence rate of 12.4%, and its common symptoms are the impairment of psychological, social, and occupational aspects of (Kessler et al., 2012; Ormel et al., 2015). The SAD hinders individuals' ability to build social relationships or participate in social activities and affects occupational performance, decreasing their quality

of life. On the other hand, the concept of 'quality of life' is one of the concepts that has received much interest among researchers, especially in the field of psychology, which refers to the degree to which people enjoy the presence of available possibilities that are the result of opportunities and limits that reflect the interaction between individuals and factors in their environment

The importance of this review arises from the evidence that social anxiety can affect quality of life. Thus, this review aims to review the evidence about the relationship between social anxiety and QOL and the factors that can play a role in such a relationship. Thus improving quality of life and reducing the psychological burden associated with social anxiety.

Condition being studied The effects of social anxiety disorder on individuals diagnosed with it and its impact on their quality of life.

METHODS

Search strategy In February 2025, an electronic search of databases (PubMed, EBSCO, PsycINFO, Wiley Online Library) will be conducted, and the reference list of potential studies will be manually checked.

The search terms used will be as follows: Social Anxiety Disorder, SAD, Social Anxiety, Social Phobia, Specific Social Anxiety, Quality of Life (QoL), Life Satisfaction, Well-Being, Subjective Well-being, Mental Well-being, Social Well-being, Social Anxiety Disorder and (Quality of Life, Life Satisfaction, Well-Being, Subjective Well-being, Mental Well-being, Social Well-being), Social Anxiety and (Quality of Life, Life Satisfaction, Well-Being, Subjective Well-being, Mental Well-being, Social Well-being), Social Phobia and (Quality of Life, Life Satisfaction, Well-Being, Subjective Well-being, Mental Well-being, Social Well-being), Specific Social Anxiety and (Quality of Life, Life Satisfaction, Well-Being, Subjective Well-being, Mental Well-being, Social Well-being).

Participant or population Adult males and females diagnosed with Social Anxiety Disorder.

Intervention None.

Comparator The effect of social anxiety on quality of life (Physical psychological, social, and occupational).

Study designs to be included Comparative correlational studies only.

Eligibility criteria This review will include studies published in English in peer-reviewed journals, including adult males and females diagnosed with social anxiety disorder; no date restrictions will be applied. The review will exclude studies that used methods other than the correlational-comparative method, studies that targeted children or adolescents, and studies conducted in languages other than English.

Information sources PubMed, EBSCO, PsycINFO, Wiley Online Library.

Main outcome(s) Studies focusing on quality of life and social anxiety disorder.

Data management Data will be extracted from the included studies based on (population, outcome, and study design) to identify key characteristics, such as authors' names, place of study, and journal. For the population, it will include age group, sex, and sample size. The study design will include all studies using a comparative correlational method. All information related to the risk bias assessment will also be extracted. The data will be extracted by the first author (AA) and then reviewed by the second author (MA).

Quality assessment / Risk of bias analysis The Joanna Briggs Institute (JBI) Critical Appraisal Tools will be used to assess the risk of bias (Joanna Briggs Institute, 2020). An independent reviewer will review this assessment. The JBI Critical Appraisal Tools assess study quality by evaluating the clarity of research objectives, the validity of data collection methods, the appropriateness of sample size, and the identification of potential biases. These aspects ensure a systematic and reliable assessment of research credibility.

Strategy of data synthesis Narrative analysis will be used, and the data will be saved in Rayyan software to help remove duplicates and check during the two phases.

Subgroup analysis No specific subgroup analysis will be conducted.

Sensitivity analysis No meta-analysis will be done.

Language restriction Only English language.

Country(ies) involved Saudi Arabia.

Keywords Social Anxiety Disorder (SAD), Quality of Life (QoL), Systematic Review, Comparative Correlational method.

Contributions of each author

Author 1 - Alanoud Alfirm, counseling psychology doctoral student. Psychology Department, King Saud University, Riyadh, Saudi Arabia.

Contribution: Alanoud Alfirm (AA) will develop the search protocol, conduct database searches, select studies during the first phase, extract and analyze them.

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Author 2 - Modi Alsubaie, Assistant Professor of Clinical Psychology Psychology Department, King Saud University, Riyadh, Saudi Arabia.

Contribution: Modi Alsubaie (MA) will review the first and second phases of the study selection, assess the quality of the studies, and comment on the manuscript drafts.

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