

P01-140 - **NEGATIVE AND POSITIVE AUTOMATIC THOUGHTS IN SOCIAL ANXIETY DISORDER**

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Social Anxiety Disorder (SAD) is characterized by fear and avoidance in social situations where one is in danger of scrutiny by others. Automatic thoughts could either cause the disorder or maintain it, thus their examination is warranted.

Methods: 30 SAD patients (diagnosed with the MINI) and 30 healthy controls were administered the Liebowitz Social Anxiety Scale, The Automatic Thoughts Questionnaire (ATQ - Negative and ATQ-Positive), the Sheehan Disability Scale and the Beck Depression Inventory.

Results: SAD patients had higher total scores on the ATQ-Negative and lower total scores on the ATQ-Positive. Many items differentiated the two study groups. The interaction with depression will be presented.

Discussion: Automatic thoughts are an important area of research and therapeutic intervention. The strengthening of positive thinking and the ablation of negative thinking are crucial in the treatment of this shy disorder.