Dear editor in chief,

The word “Social” means “relation to society” in the dictionary of the Turkish language association. If we want to translate this word into English using the online Turkish English dictionary seslisözlük, we will see meanings such as sociable, clubby, and gregarious. The meaning does not change, but in order to better understand the definition, when we use synonyms for social, and replace it with “sociable anxiety disorder” or, “gregarious anxiety disorder” the meaning is strange, not fully understood, and even is contrary to the content. Therefore, I believe that social anxiety disorder is not an appropriate definition.

When we look at other types of anxiety disorders, such as generalized anxiety disorder or posttraumatic stress disorder, we can say that these are appropriate definitions. The latter emphasizes the disease seen following trauma; the former makes the definition of the disease more understandable by meanings such as common, constant, widespread, not related to any specific situation or event. Also, these two diseases have temporal or situational qualifications. There is a meaning of “after trauma” in the latter and “continuous” in the former. However, I believe that there is a lack of definition of social anxiety disorder. Essentially, we want to point out the relationship between one’s social surroundings and activities. In this respect, social anxiety disorder may seem like an appropriate definition. I think the problem arises from the word “social”.

When we look at the words grammatically we can see that “social” is an adjective describing the illness and answering how question as item. Hence the name of the mentioned disease is an adjective clause. Other examples of the use of the word “social” are social science, social security institution, etc. When replacing the word “social” with one of its synonyms, these don’t appear strange in comparison with social anxiety disorder. These examples support an idea that “social” is an inappropriate word to use for this disease.

This proposed idea that the definition of social anxiety disorder is inappropriate can be evaluated by two aspects according to the Turkish language features of grammar and meaning. The following is an example to give a better understanding of the matter. In the example of “Sober-minded man”, “man” is a noun, and “sober-minded” is an adjective clause that answers the question of how the man is. Social anxiety disorder includes a noun and noun modifier and therefore it is not grammatically correct. When synonyms are used, there is no integrity of the meaning.

The definition of “meaning” is an impression of the word alone or along with other components in a sentence, pointed out, giving rise to thought in a word. It is a proposition, a proposal, a notion or work that wants to be conveyed. Based on these definitions, I believe that “social anxiety disorder” does not convey an accurate impression. It leaves an incomplete message in my mind, and does not tell me what it wants.

I believe that the inappropriate definition of social anxiety disorder may be related to my perception. I perceive the word structure as a whole, not as individual words that were brought together. Here, in my opinion, there is no coherence among the words. The reason for my response may be the activation of my sensory processing against a new stimulus. It is possible that my mind may be affected by schemas, which have trends of perception since the old information (social phobia) was replaced with the new one (social anxiety disorder).
Of course, you have the right to question whether I have a suggestion for another alternative. Unfortunately, we as a society cannot show criticism for the solution. As a member of this society, I cannot say that I have a suggestion about the problem. However, a discussion of the classification of anxiety disorders should take place regarding DSM 5 diagnostic classifications.

Now I suggest my idea:

Anxiety disorder (type related social activity-surrounding).

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