Extremely Shy & Genetically Close
Investigating neurobiological endophenotypes of Social Anxiety Disorder

Symposium January 14, 2020
9.00 - 13.00
Faculty of Social Sciences, Leiden, Room 1A01

Talks by

Prof. dr. Jennifer Blackford
(Vanderbilt University Medical Center, USA)

Dr. Kathrin Cohen Kadosh
(University of Surrey, UK)

Prof. dr. Karin Roelofs
(Donders Institute for Brain, Cognition and Behaviour, NL)

Attendance is free, please register: j.m.hoogendam@fsw.leidenuniv.nl
**Extremely Shy & Genetically Close**
14 January 2020

**Symposium**
Location: 1A01, Pieter de la Court Building (Faculty Social Sciences), Leiden.

9.00 Walk-in

9.30 Welcome; brief discussion main findings *Leiden Family Lab study on Social Anxiety Disorder; introduction symposium and speakers*

  Prof. dr. P. Michiel Westenberg
  Institute Psychology, Leiden University, The Netherlands.

9.45 Lecture ‘The role of the amygdala and BNST in social anxiety’

  Prof. dr. Jennifer Blackford
  Vanderbilt University Medical Center, Vanderbilt, USA.

10.00 Coffee / tea break

10.30 Lecture ‘Boosting control over social avoidance’

  Prof. dr. Karin Roelofs
  Donders Institute for Brain, Cognition and Behaviour, Nijmegen, The Netherlands.

11.00 Lecture ‘Realtime fMRI-based neurofeedback in (subclinical) anxiety’

  Dr. Kathrin Cohen Kadosh
  University of Surrey, United Kingdom.

11.45 Conclusions & future perspectives

  Prof. dr. Nic van der Wee
  Department of Psychiatry, LUMC, Leiden, The Netherlands.

12.30 End of symposium

**PhD defense**
Location: Academic building, Rapenburg 73, Leiden.

14.00 Lekenpraatje (Dutch)

  Janna Marie Bas-Hoogendam, MSc.

15.00 PhD defense ‘Extremely Shy & Genetically Close’

  Janna Marie Bas-Hoogendam, MSc.

16.30 Reception and drinks – Dende, Nieuwe Rijn 5, Leiden.
Imagine...

… you have to give an important presentation in front of an audience. You are the center of attention and all eyes are on you. How do you feel? Or: you are invited to a party where you don’t know anyone. You enter the room and see that the other guests are already seated. What do you experience? Chances are you feel shy and uncomfortable in the beginning, tense maybe, but after a while these feelings will fade and you will have a good time. However, some people remain extremely nervous in social situations and even worry for days or weeks before, and after a social event. These people have an intense fear of being negatively evaluated and are severely worried about doing something embarrassing in front of others. As a result, they try to avoid social situations as much as possible, and when they actually are in a social situation, they act like wallflowers and don’t want to attract attention. This tendency could have a tremendous negative influence on their lives. These individuals suffer from a psychiatric condition: social anxiety disorder (SAD).

We know from previous research that this ‘extreme shyness’ develops during childhood and early adolescence. In addition, the disorder often runs in families: being ‘genetically close’ to a patient with SAD substantially increases the risk to develop the disorder. But which heritable characteristics make these children and adolescents more susceptible to developing SAD?

Extremely Shy & Genetically Close

The Leiden Family Lab study on Social Anxiety Disorder (LFLSAD), a collaboration between the Leiden University (Institute of Psychology, Department of Developmental and Educational Psychology) and the LUMC (Department of Psychiatry) was especially designed to investigate the genetic susceptibility to develop SAD. We investigated over 100 family members from two generations, from families genetically enriched for SAD.

In her PhD research, Janna Marie Bas-Hoogendam used magnetic resonance imaging (MRI) to discover alterations in the function and structure of the brain, which were 1st associated with social anxiety and 2nd heritable. Janna Marie found evidence for several promising candidate endophenotypes of social anxiety: measurable characteristics which are genetically related to social anxiety and as such inform us about the genetic vulnerability to develop SA; these results are summarized in her thesis ‘Extremely Shy & Genetically Close’ (defense: January 14, 2020, 3 pm).

Symposium

In the symposium ‘Extremely Shy & Genetically Close’, which precedes the PhD defense, three (inter)national renown experts within the field of (social) anxiety neuroimaging research will share their inspiring work, followed by a general discussion. Focus of their talks will be on recent and innovative research, setting path for future international collaborations and cutting-edge studies.