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THE PREDICTING WELL_BEING IN SOCIAL DISORDER BASED ON SELF_DISCREPANCY

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Introduction and objectives: The paper aimed to study the relationship between self discrepancy and well-being in subjects suffering from social phobia. Previous research reveals that patients suffering from social phobia report a lower well-being and that self discrepancy have a positive correlation with well-being. So the question is which kind of self discrepancy decreases well-being through increasing social phobia.

Methods: To carry out this research 250 subjects were randomly selected based on Liebowitz' s social phobia test given to a great number of university students. Subjects were asked to answer the tests on two domains of well-being and self discrepancy at the same time.

Results: The results showed that “actualundesired” and “actualought” self discrepancy have more considerable effects on well-being respectively. Also, the direct effect of self discrepancy on well-being is more than the direct one.

Conclusions: These finding can be significant in treating social phobia and promoting well-being.