

Interviewee: Jiaxuan Zhu

Background:

The University of California Los Angeles in Psychology and Education Bachelor

The University of Pennsylvania in Education Master

**1. What do you think are the causes of shyness?**

The causes of shyness can be divided into internal and external factors. Internally, it may be due to an individual's personality, such as a lack of self-confidence stemming from their family upbringing, which makes them apprehensive about social interactions. Externally, shyness can arise from unfamiliar or new situations. For example, in school, a student might feel shy when asked to answer a question they don't know, while an adult who recognizes their social shortcomings might also experience shyness. Overall, it largely stems from a lack of self-confidence.

**2. Most people believe that shyness is usually seen in introverts. Is there a necessary connection between shyness and introversion?**

I believe shyness and introversion are related; introverted people are generally more prone to shyness than extroverted people. However, extroverted individuals can also experience shyness.

**3. Do you think shyness is a manifestation of social anxiety?**

I believe the main cause of shyness is excessive self-consciousness, where a person feels that everyone's attention is focused on them, leading to social anxiety.

**4. Extreme shyness or social anxiety has already affected the normal lives of some people. What methods could improve their situation?**

I think to improve this situation, a person must first have an internal desire to change. They need to recognize that their shyness is affecting their daily life or social interactions and that they want to feel more comfortable. This is the primary factor. On this basis, you should identify the social situations in which they feel the most shy and determine the root causes of their extreme shyness. Interventions should be tailored according to the severity of their shyness.

**5. I have referenced cognitive-behavioral therapy (CBT) in psychology and want to help people with shyness overcome their fears through role-playing in different situational scenarios. Is this a feasible intervention?**

This approach is feasible. By familiarizing shy individuals with situations that make them uncomfortable and practicing those scenarios in advance, they can become less anxious when they actually encounter such situations. The goal of this method is to

boost the person's confidence, allow them to experience social interactions in various contexts, and improve their ability to respond and adapt to real-life situations.

**6. I want to try both individual and group therapy. Which do you think is more suitable for me to simulate and record in a non-professional setting?**

Overall, I believe that individual therapy is more suitable for people who are shy, while group therapy should be introduced later, once they have adapted. Alternatively, you could first assess the severity of their shyness. For those with mild shyness, group therapy might be appropriate from the beginning. However, individuals with moderate or severe shyness might experience pressure and choose to remain silent in group settings. Another approach is to alternate between individual and group therapy. You can first simulate a group scenario, observe their behavior in that context, and then provide targeted individual therapy based on those observations.

**7. In what kind of environment do you think situational simulation therapy would be suitable, where participants would feel more comfortable?**

It's best to conduct therapy in an environment that they are already familiar with, or alternatively, to gradually familiarize them with a new environment before starting. An open, outdoor setting can also be a good option.

**8. Do you think I should have different people role-play in the same scenario, or the same people role-play in different scenarios to better help me test whether this intervention is effective?**

For the same individual undergoing therapy, it is important to use different scenarios. For different individuals, you should use the same scenario to control variables. Alternatively, you could have three different individuals each experience three different scenarios, whether through group or individual therapy. This would provide more data for the experiment.

**9. In specific practical operations, what aspects do you think need attention to facilitate my recording of their emotional changes?**

You can prepare a watch to record the participants' heart rates. Alternatively, you can measure their blood pressure at the beginning and end of the experiment, or even at intervals during the process. These are all scientific data points that support your research.