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(57) Abstract :

Disclosed herein is a system (100) for social anxiety reduction including a mobile processing device (102) having transient and non-transient memory capabilities. The system (100) also includes a software application module (104) capable of being processed on the mobile processing device (102) and the software application module (104) configured to employ peripheral devices (108) associated with the mobile processing device (102) to provide a user with a self-treating option for addressing anxiety conditions such that when activated the application provides at least an interactive diagnosis routine (110) configured to assist in discovering an anxious state or condition of the user and an interactive instructional routine (112) configured to remedy a current anxious state. The system (100) also includes a communication module (106) connected to the mobile processing device (102) and the communication module (106) configured to provide internet connectivity.

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