



A controlled trial of smartphone and internet-delivered CBT versus Interpersonal psychotherapy for social anxiety disorder





Internetpsykiatri.se

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## Co-workers

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## Background and aims

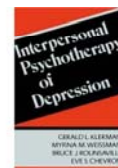
- Numerous studies show that guided ICBT works well for social anxiety disorder
- New technology has changed the scene (Smartphone)
- Aim was to migrate to the smartphone format
- Compare against a credible comparison: interpersonal psychotherapy (as guided self-help)

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## Interpersonal psychotherapy

- Regarded as evidence-based for depression
- Rarely used in other formats
- Miller, L., & Weissman, M. (2002). Interpersonal psychotherapy delivered over the telephone to recurrent depressives. A pilot study. *Depression and Anxiety*, 16, 114-117.
- However, used in studies on Social Anxiety Disorder (Stangier et al., 2011)



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## Guided ICBT for SAD

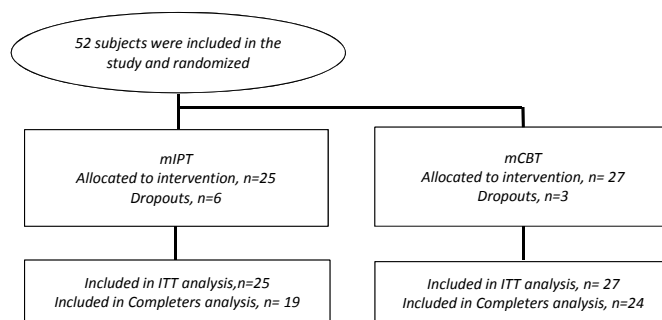
- First RCT in 2006 (Andersson et al., JCCP)
- Tested in numerous trials, independent replications (Titov, Berger, Botella).
- As good as face to face group CBT (Hedman et al., 2011)
- The treatment was shortened for this trial

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## This study

- Recruitment via advertisement



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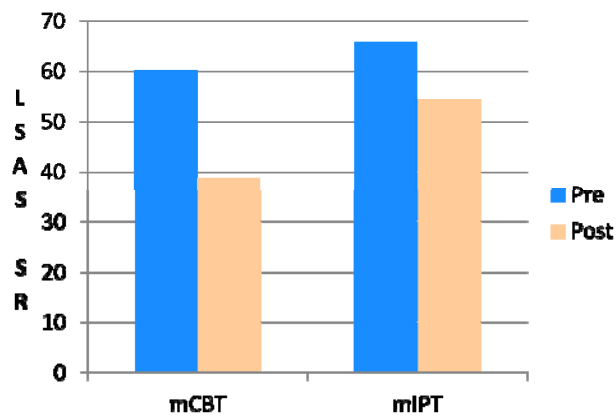
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## Typical participant and treatment

- Either male or female
- 36 years old
- University degree (46%)
  
- Treatment lasted for 9 weeks. Text and video (streamed)
- Structured interview before and after
- Guidance via secure system.
- Feedback on reflections, homework, and questions from participants

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*Within group effects mCBT  $d= 0.99$  (0.58 – 1.39) and mIPT  $d= 0.43$  (0.09 – 0.77)*

*Significant between group effect  $d= 0.64$  (0.06 – 1.22); Ancova  $F=5.18$  \**

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## More effects

- In favour of mCBT
- SIAS, SPS, MADRS-SR
- In the mCBT group there were 55.6 % (n=15) who were classified as responders at post-treatment compared to 8.0 % (n=2) in the mIPT group.

## Caveats

- Small sample
- Many used the computer and not the smartphone (smartphone 42.81%, computer 50.05%, and tablet computer 7.14%).
- We excluded many

## Conclusion



Guided mCBT is probably better than guided mIPT

More studies are needed on the many ways the internet can be accessed

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