

The Shyness Program

Internet-Based Treatment for Social Phobia



Results of 7 RCTs +
1 trial ($n = 708$)

Stages of Research:
From proof of
concept to
effectiveness trials

Nickolai Titov



St Vincent's Hospital

Acknowledgements

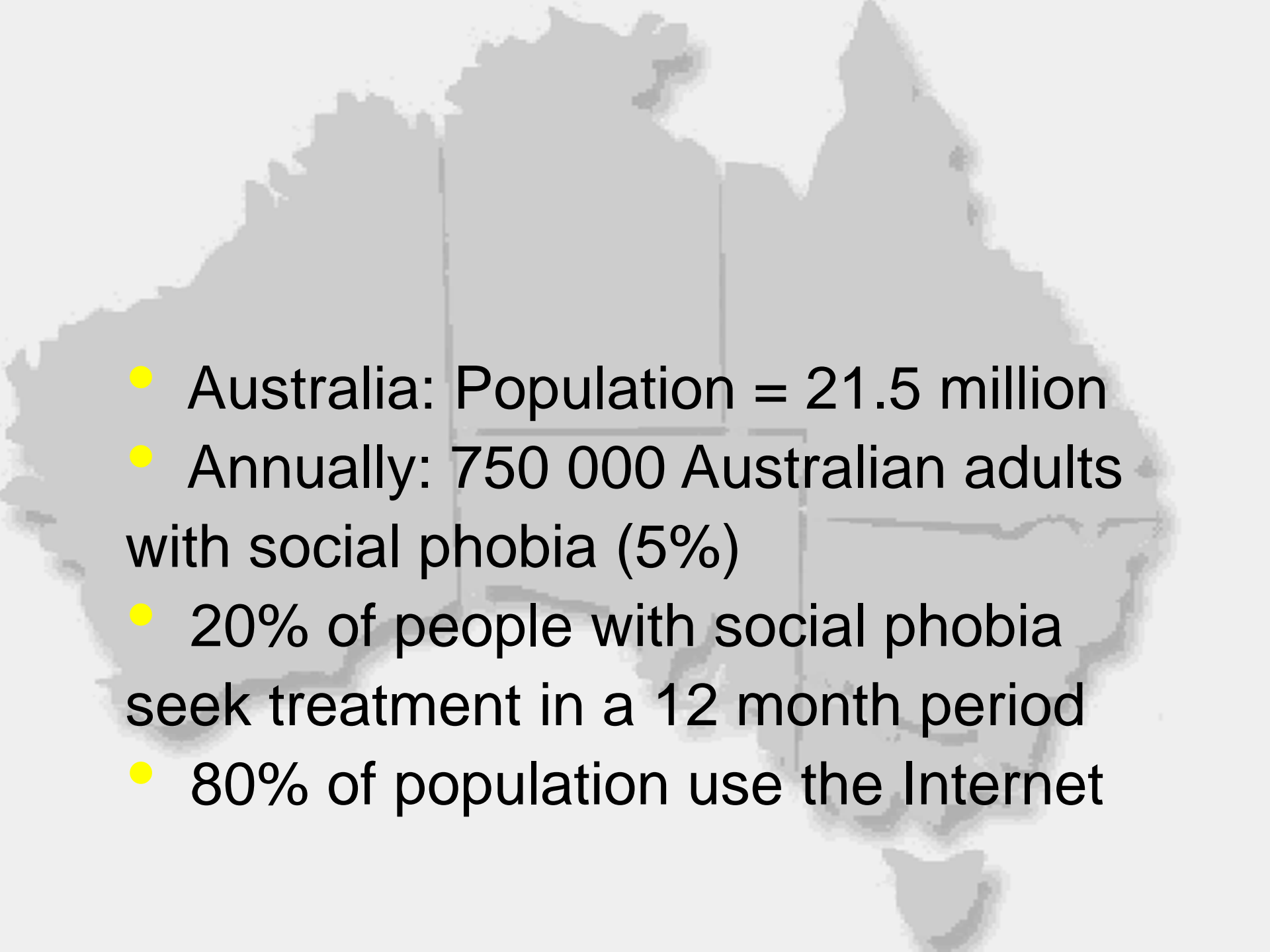
- **CRUfAD Director:** Professor Gavin Andrews
- **VirtualClinic Director:** Dr Nickolai Titov
- **Support Team:** Genevieve Schwencke, Karen Solley, Luke Johnston, Isabella Choi, Dr Matthew Davies, Dr Leticia Aydos
- **Programmers:** Dan Winter, Jason Hando
- **Our participants for their enthusiasm and patience**

Australian Context

Sydney, Australia ...



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- Australia: A big country

- 
- Australia: Population = 21.5 million
 - Annually: 750 000 Australian adults with social phobia (5%)
 - 20% of people with social phobia seek treatment in a 12 month period
 - 80% of population use the Internet

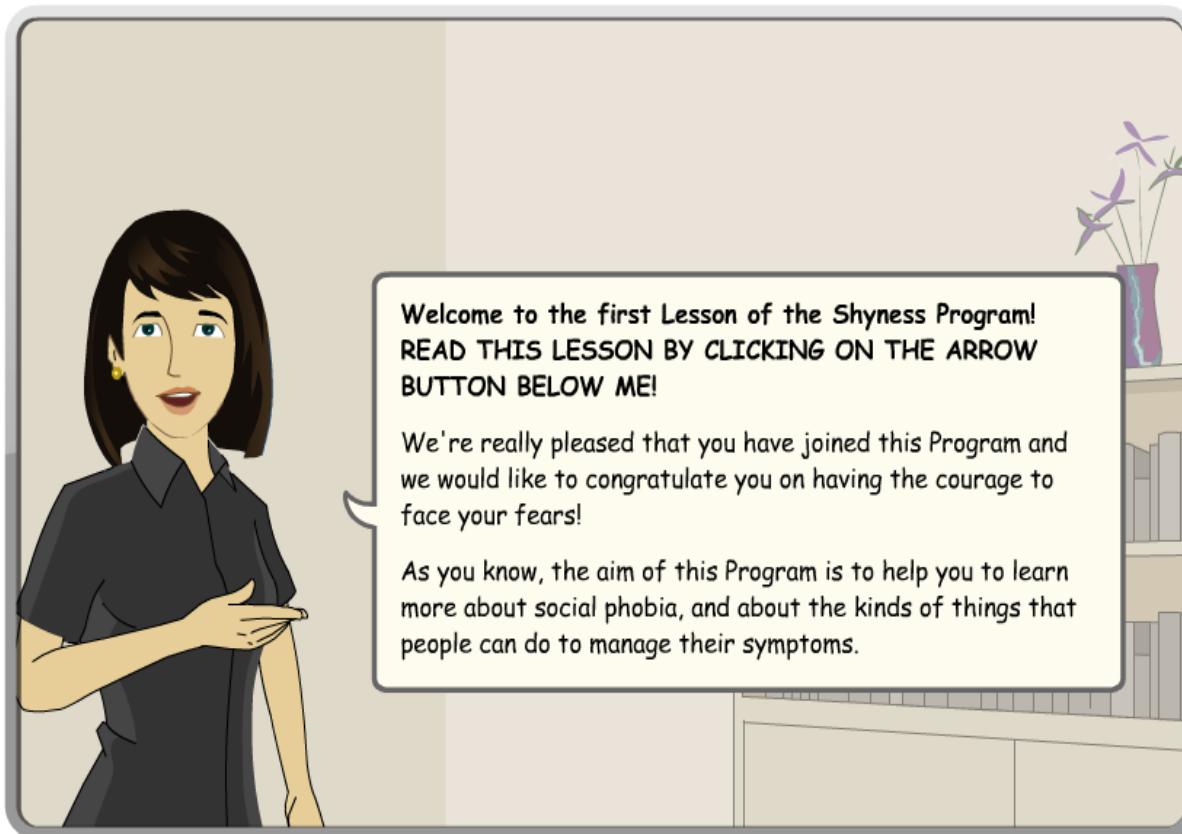
The Shyness Program

The Shyness Program

- Part of the VirtualClinic
- Internet-based cognitive behavioural treatment for social phobia
- 8 week program: 6 Lessons
- Therapist-guided vs. Technician-guided vs. Self-Guided
- Treatment:
 - Psycho-education
 - Physical de-arousal
 - Graded exposure
 - Cognitive therapy
 - Communication skills
 - Relapse prevention



Shyness 8: Lesson 1



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Shyness - Lesson 1

Lesson 1 Summary

After completing the lesson, please download the summary.

[Download Summary](#)

Lesson 1 Forum



[Go to Forum](#)

Resources

There are **22 resources** for this course.


[View Resources](#)

Lesson 1 Stories from the Front Line

Hi I'm Bruce, I'm late starting after my ...

[Read more](#)

Messaging

 **5 new message(s).**
 91 old message(s).
 1 sent message(s).
 [Compose New Message](#)

[Go to Messages](#)



6 Lessons – Psycho-Education

6 Summaries/ Homework

6 Forums

Additional Resources - Systematically released

Stories from previous participants

Automatic Reminders/Prompt Emails

Guidance: Self vs. Technician vs. Clinician

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Messaging



Now let's meet John.








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Shyness - Lesson 1
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A comic panel set in a restaurant. On the left, a woman with short black hair and a red earring is shown in profile, looking towards a man. On the right, a man with short red hair is sitting at a table, looking down with a nervous expression. He is holding a fork over a plate of spaghetti. The background consists of a wall with a grid pattern. Three speech bubbles are present: one from the woman, one from the man, and a larger one from the man.

What are you worried about?

Oh, that I'll make a
fool of myself.

Everybody will be
able to tell I'm
nervous and they'll
think I'm really
stupid.





They don't understand.
It's so much worse for
me. I'll freeze, start
stuttering and everyone
will think I'm an idiot.



I feel hot and dizzy. I'm finding it hard to breathe.

I'm so pathetic. I can't even pass someone a pen without getting anxious.





I can't go back there. I wish I had some friends here. I'm going to have to drop out.



Clinical Trials

(7 RCTs + 1 open trial)

n = 708

Results

Intention to Treat: Last observation carried forward

Effect Sizes: Cohen's d

Outcomes: Mean ES of the Social Interaction Anxiety Scale (SIAS) + Social Phobia Scale (SPS)

The Shyness Program

<i>Study and Stage</i>	<i>n</i>	<i>Questions</i>	<i>ES</i>
1: Proof of Concept - Shyness 1 (RCT) - Shyness 2 (RCT)	99 81	Does the Shyness Program work? Are the results reliable?	

The Shyness Program

<i>Study and Stage</i>	<i>n</i>	<i>Questions</i>	<i>ES</i>
1: Proof of Concept - Shyness 1 (RCT) - Shyness 2 (RCT)	99 81	Yes, it works Yes, the results are reliable	1.0 1.2

The Shyness Program

<i>Study and Stage</i>	<i>n</i>	<i>Questions</i>	<i>ES</i>
1: Proof of Concept - Shyness 1 (RCT) - Shyness 2 (RCT)	99 81	Yes, it works Yes, the results are reliable	1.0 1.2
2: Parameters - Shyness 3 (RCT) - Shyness 4 (RCT) - Shyness 6 (RCT) - Shyness 7 (RCT)	105 163 83 110	Self-guided work? Self-guided with reminders? Techn guided? Forum guided? Motivational strategies?	

The Shyness Program

<i>Study and Stage</i>	<i>n</i>	<i>Questions</i>	<i>ES</i>
1: Proof of Concept			
- Shyness 1 (RCT)	99	Yes, it works	1.0
- Shyness 2 (RCT)	81	Yes, the results are reliable	1.2
2: Parameters			
- Shyness 3 (RCT)	105	33% complete self-guided	1.0, 0.4
- Shyness 4 (RCT)	163	68% with SG reminders	1.1, 0.9
- Shyness 6 (RCT)	83	Techn = 79% Forum = 82%	1.3, 1.5
- Shyness 7 (RCT)	110	Motivational strategies?	- -

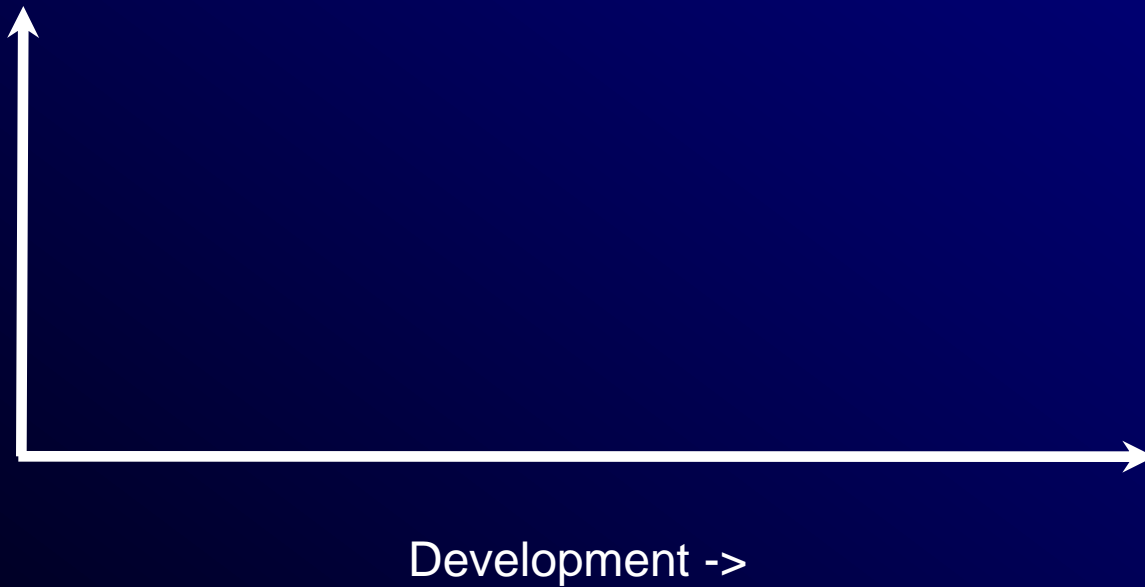
The Shyness Program

Study and Stage	<i>n</i>	Questions	<i>ES</i>
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3. Effectiveness - Shyness 5 (Trial) - Shyness 8 (RCT)	17 50	Naive clinician? Shyness vs. Face to Face	

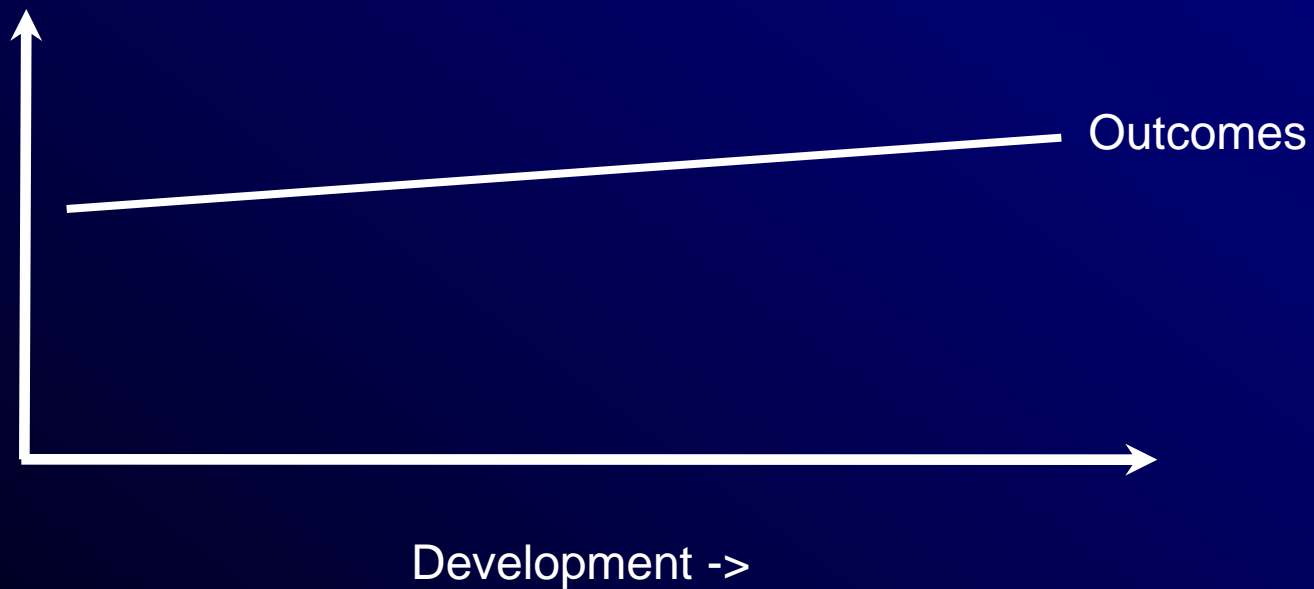
The Shyness Program

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3. Effectiveness - Shyness 5 (Trial) - Shyness 8 (RCT)	17 50	Naive clinician? Shyness vs. Face to Face	0.8 1.0
Total	708	<i>Results sustained at 3 or 6 months</i>	

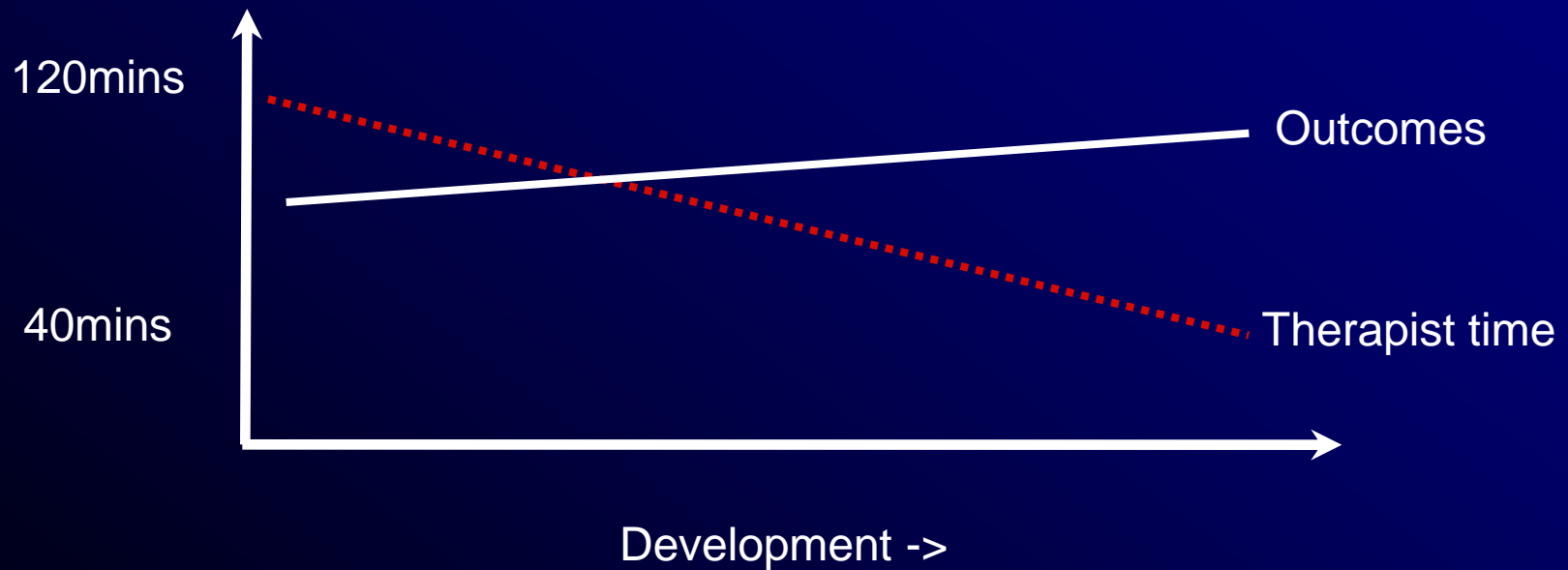
Lessons Learned



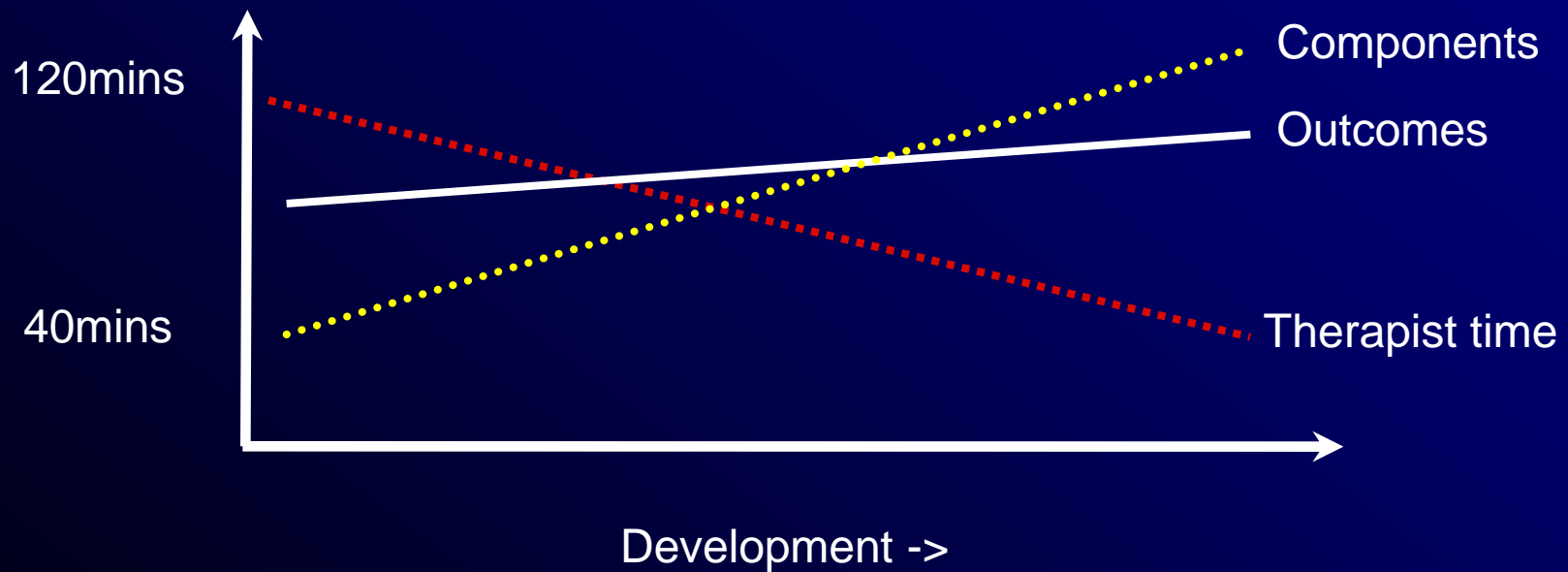
Lessons Learned



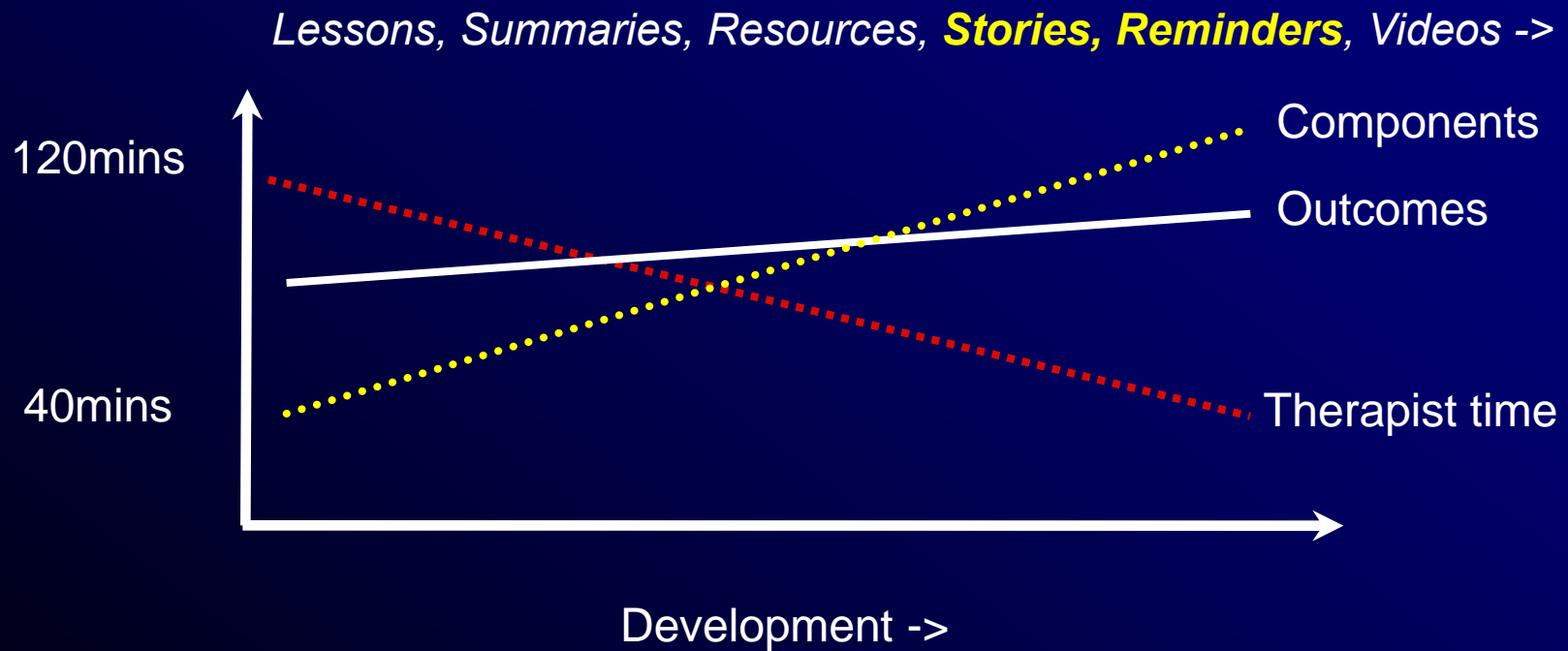
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Lessons Learned



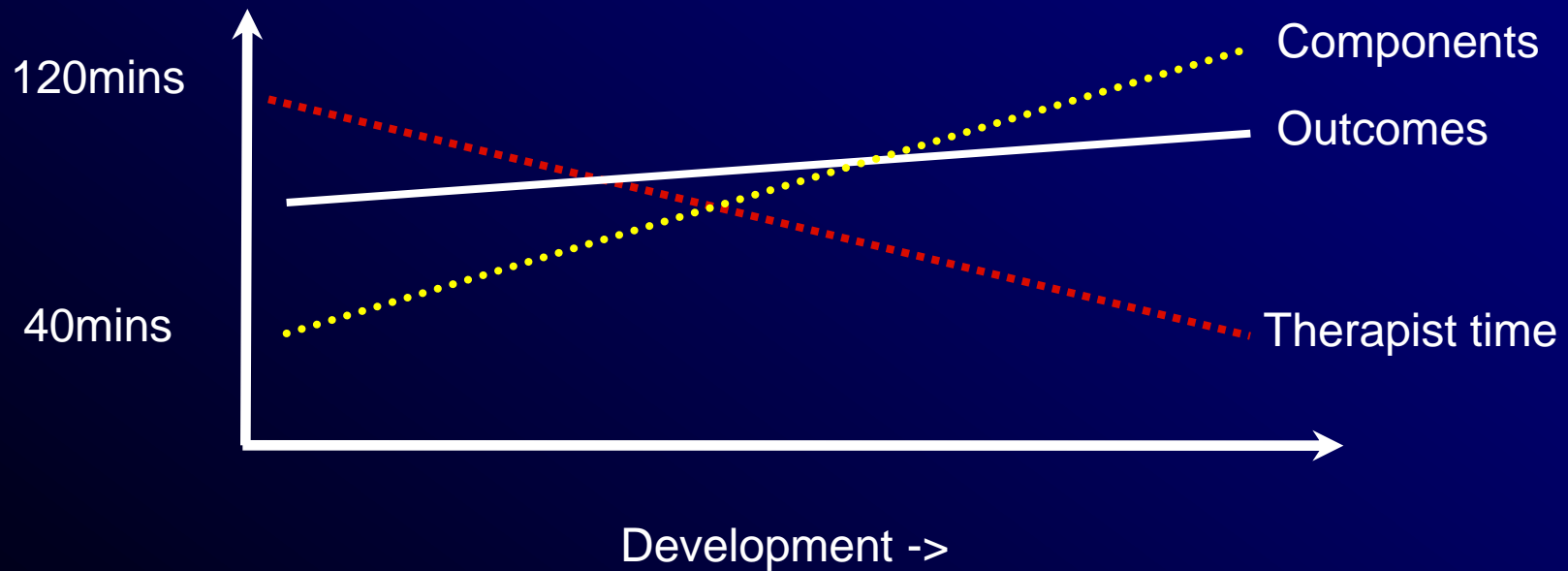
Lessons Learned



Lessons Learned

Social support, hope, normalizing, prompts, encouragement

Lessons, Summaries, Resources, **Stories, Reminders**, Videos ->



Summary

- ✓ Strong evidence of efficacy, preliminary evidence of effectiveness
- ✓ Acceptable to participants, cost effective, and results sustained at 3 or 6 months
- ✓ [Clinician guided = Technician guided] > self-guided > waitlist
- ✓ Reduced contact time from 120 to 40 mins, and increased within-group ESs from 1.1 to 1.5.
- ✓ Future plans:
 - ✓ Testing motivational strategies
 - ✓ Developing booster sessions
 - ✓ Recruiting clinicians for dissemination trials
 - ✓ Developing self-guided version for wider use

- www.virtualclinic.org.au

• *Thank you ...*