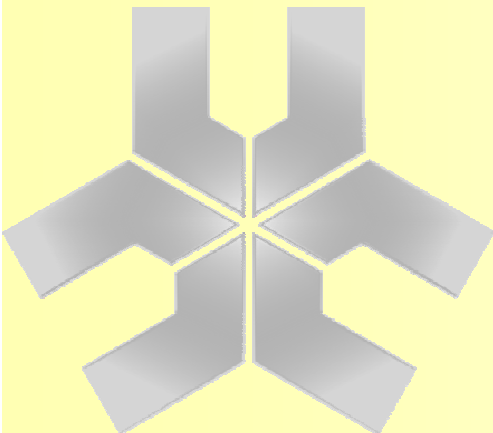


Long term follow-up of Internet-based treatment of social phobia

(in non-extraterrestrial populations)

Per Carlbring

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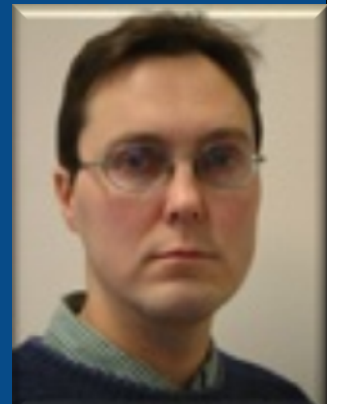
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Lise Bergman



**Gerhard
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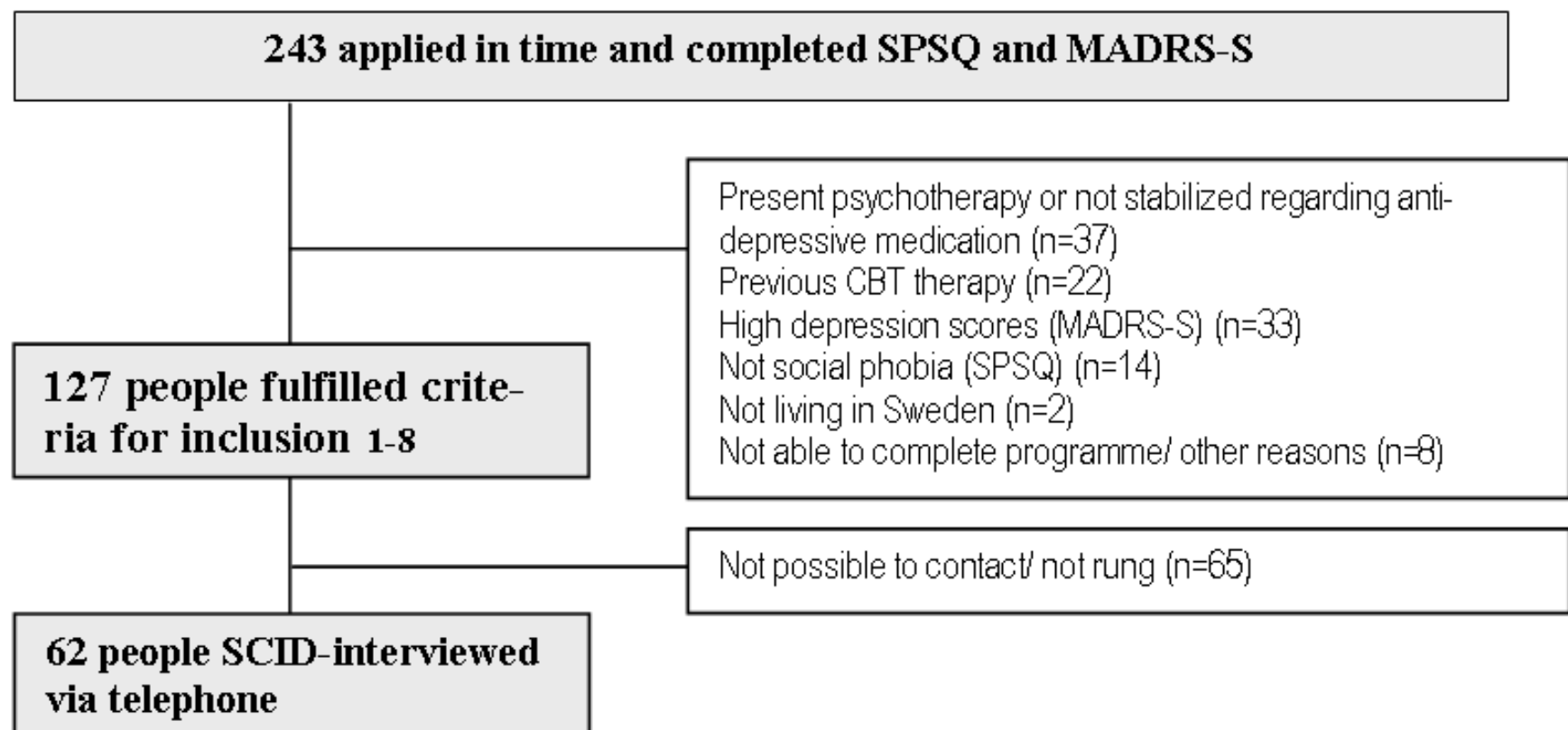
243 applied in time and completed SPSQ and MADRS-S

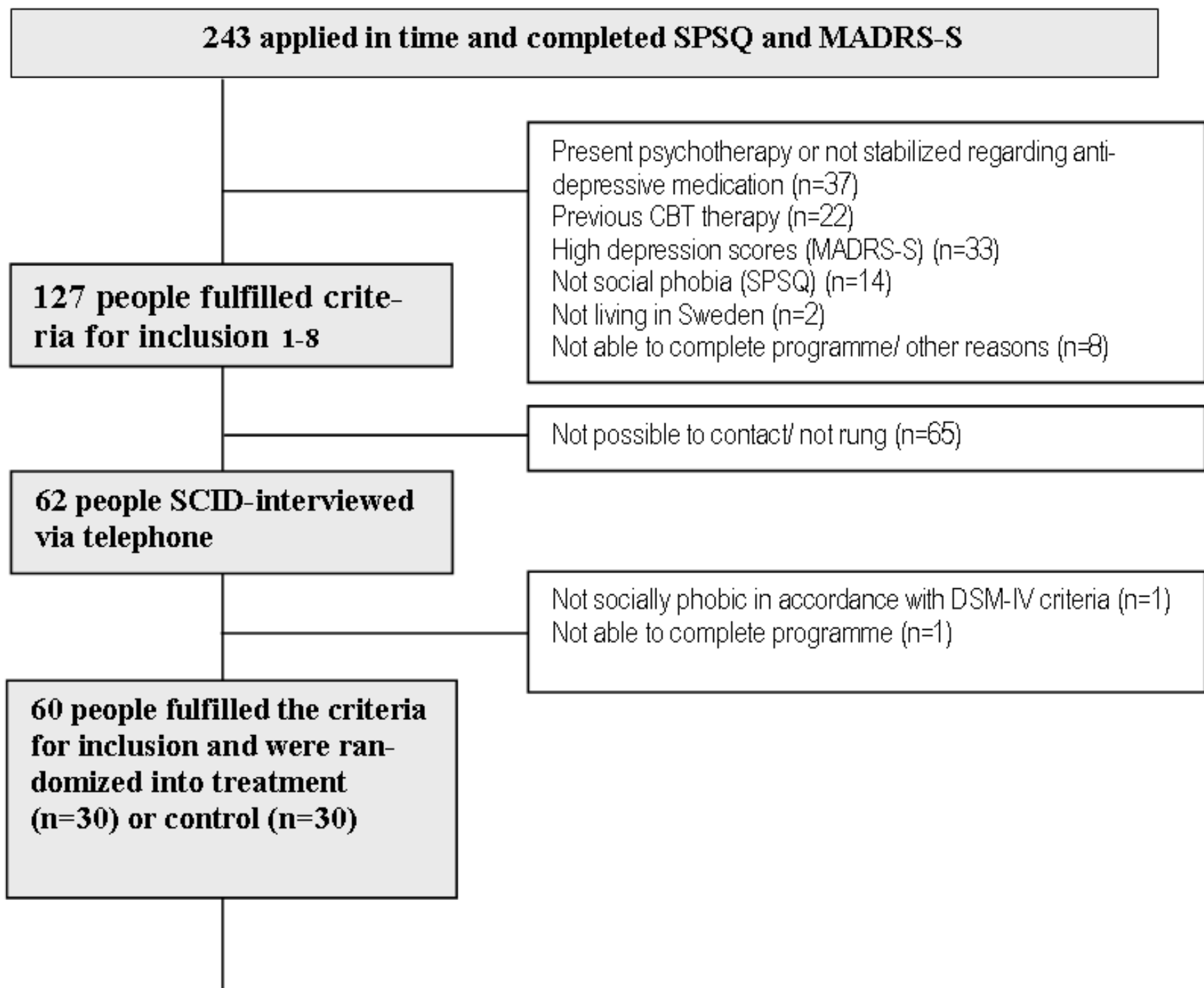
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243 applied in time and completed SPSQ and MADRS-S

127 people fulfilled criteria for inclusion 1-8

Present psychotherapy or not stabilized regarding anti-depressive medication (n=37)
Previous CBT therapy (n=22)
High depression scores (MADRS-S) (n=33)
Not social phobia (SPSQ) (n=14)
Not living in Sweden (n=2)
Not able to complete programme/ other reasons (n=8)





	Treatment group (n=29)	Control group (n=28)
Gender		
Female	17 (59)	20 (71)
Male	12 (41)	8 (29)
Age, years		
Mean (s.d.)	32.4 (9.1)	32.9 (9.2)
Range	19–52	22–51
Marital status, n (%)		
Married/living together	11 (38)	13 (46)
Married/living together with children	5 (17)	4 (14)
Living apart with children	1 (3)	0 (0)
Living apart without children	2 (7)	2 (7)
Single with children	1 (3)	0 (0)
Single without children	9 (31)	9 (32)

**The average participant was a 33 year old female
(single or married without children)**

	Group 1	Group 2
Education, n (%)		
Elementary education	2 (7)	2 (7)
High school		
Not completed	0 (0)	1 (4)
Completed	8 (28)	5 (18)
Community college		
Completed	1 (3)	1 (4)
College/university		
Not completed	10 (34)	10 (34)
Completed	8 (28)	9 (32)
Self-rated computer experience, n (%)		
Far above average	10 (34)	9 (32)
Above average	7 (24)	6 (21)
Average	10 (34)	9 (32)
Below average	2 (7)	4 (14)

I. No significant differences existed between the groups according to χ^2 tests.

**...with completed or ongoing college/university
and good self-rated computer experience**

**60 people fulfilled the criteria
for inclusion and were ran-
domized into treatment
(n=30) or control (n=30)**

Treatment

Participants who completed all modules in time (n=27)

Prematurely terminated treatment :

- Began CBT therapy (n=1)
- Terminated at module 4 as a result of lack of time (n=1)
- Terminated at module 2 as a result of lack of time and did not complete follow-up measures (n=1)

Provided post-test data (n=28)

Provided 1 year f-up data (n=27)

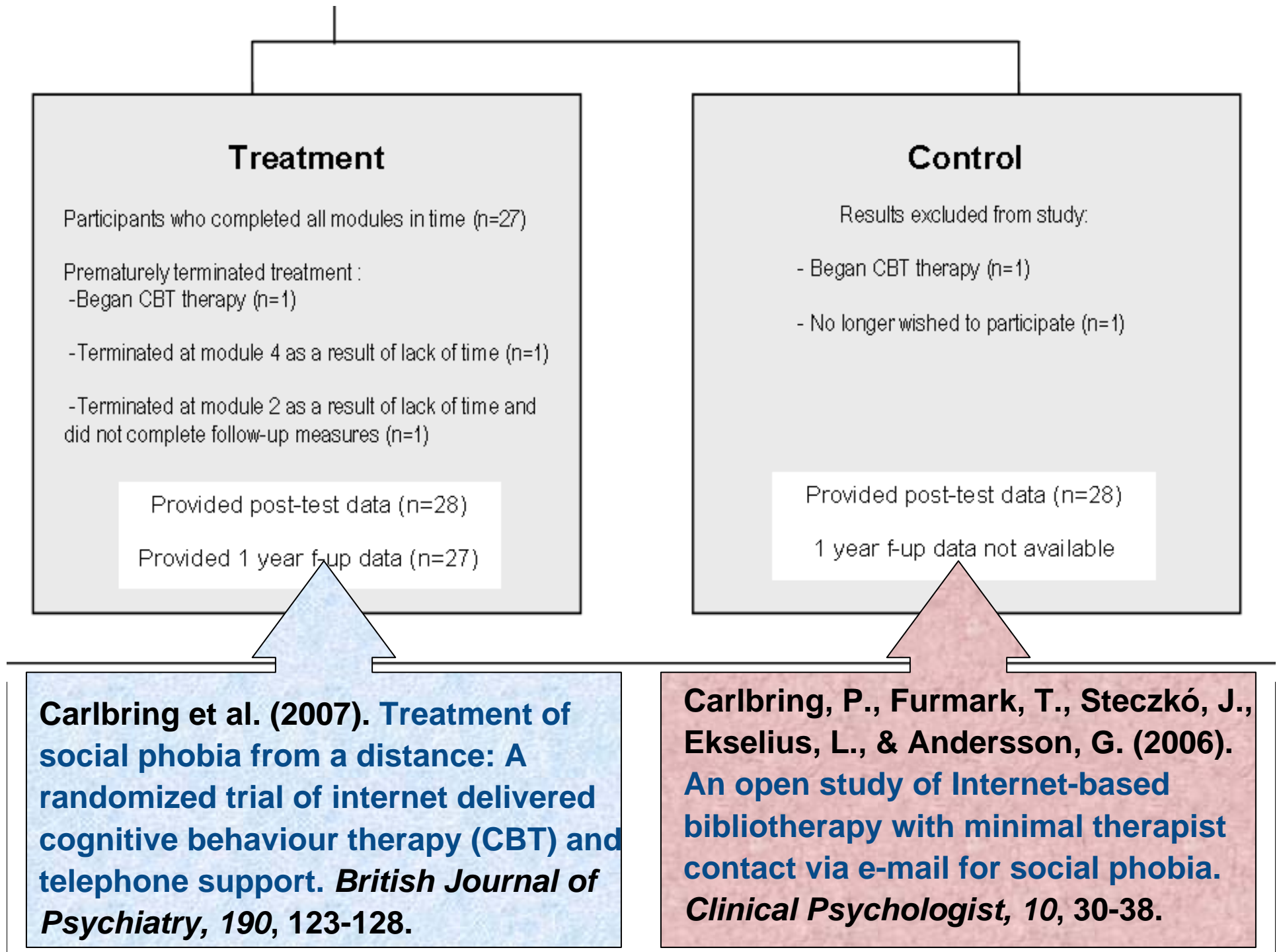
Control

Results excluded from study:

- Began CBT therapy (n=1)
- No longer wished to participate (n=1)

Provided post-test data (n=28)

1 year f-up data not available



Original treatment group (Br J Psychiatry)

- 9 weeks Internet-based treatment
- Weekly e-mail feedback on homework
- Weekly telephone conversation (10 min/week)
- Post treatment
 - *Mean within-group effect size $d=0.95$*
 - *The between-group effect size $d=1.00$.*
- 1-Year follow-up
 - *Mean within-group effect size $d=1.02$*



Original waitlist control group (Clin Psych)

- 9 weeks Internet-based treatment
- No phone
- No physical meetings
- ONLY e-mail guidance (weekly feedback)

- Post treatment
 - *Mean within-group effect size $d=0.88$.*

- 6-month follow-up
 - *Mean within-group effect size $d=1.31$.*



Long-term results?

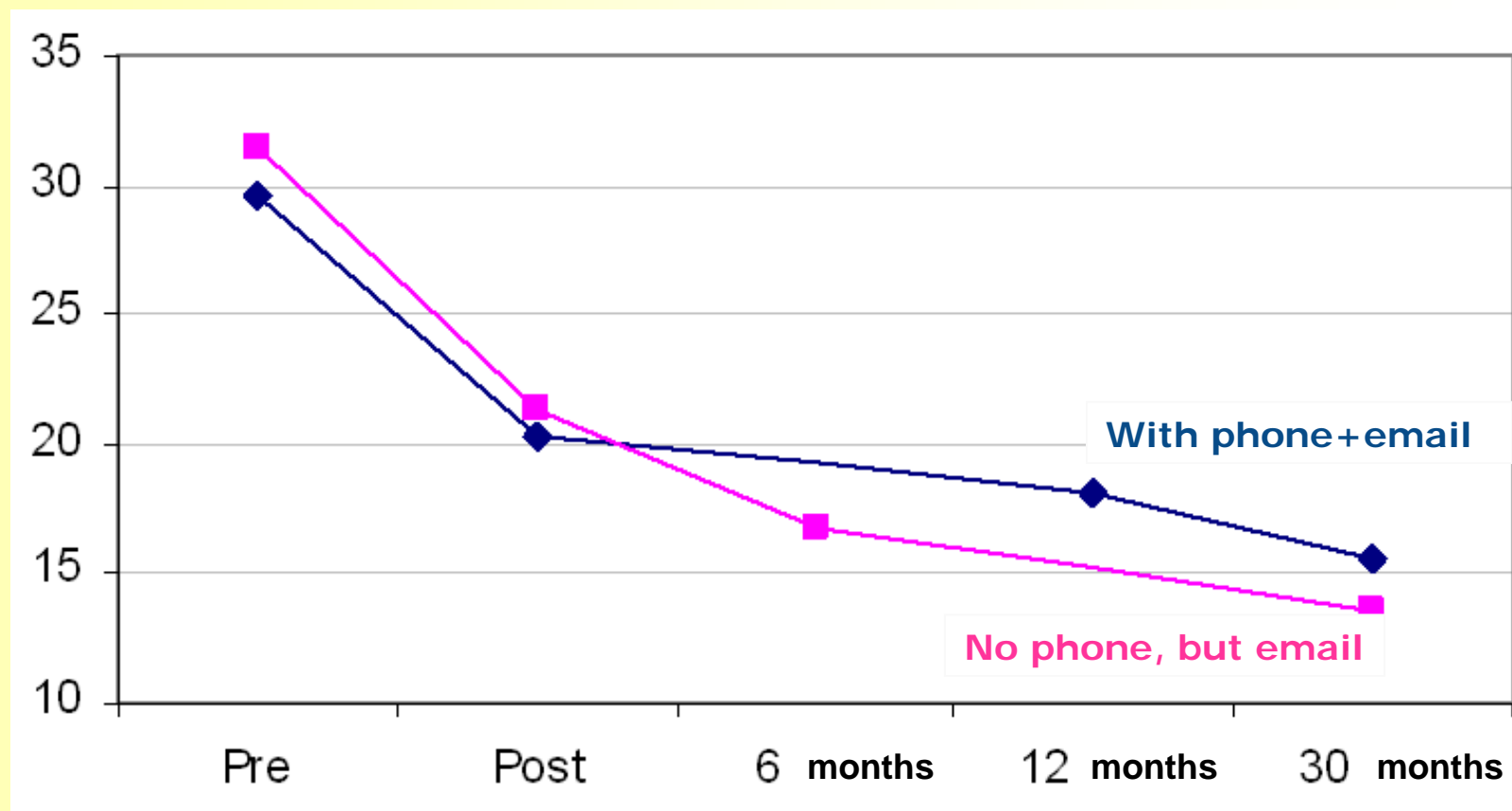
- Social Phobia Scale Questionnaire
- Social Phobia Scale
- Social Interaction Anxiety Scale
- Liebowitz Social Anxiety Scale
- Quality of Life Inventory
- Montgomery Åsberg Depression Rating Scale
- Beck Anxiety Inventory
- *Structured Clinical Interview for DSM-IV*
- *Clinical global impression (0-3 points)*

Missing data at 30 months

- N=3 (5.3%) refused.
- N=4 (7%) only completed questionnaires, but not the phone interview.
- N=6 (10.5%) refused phone interview.
- A total of 44 (77.2%) completed the questionnaires.
- A total of 38 (66.7%) completed the phone interview.
- Intention-to-treat.

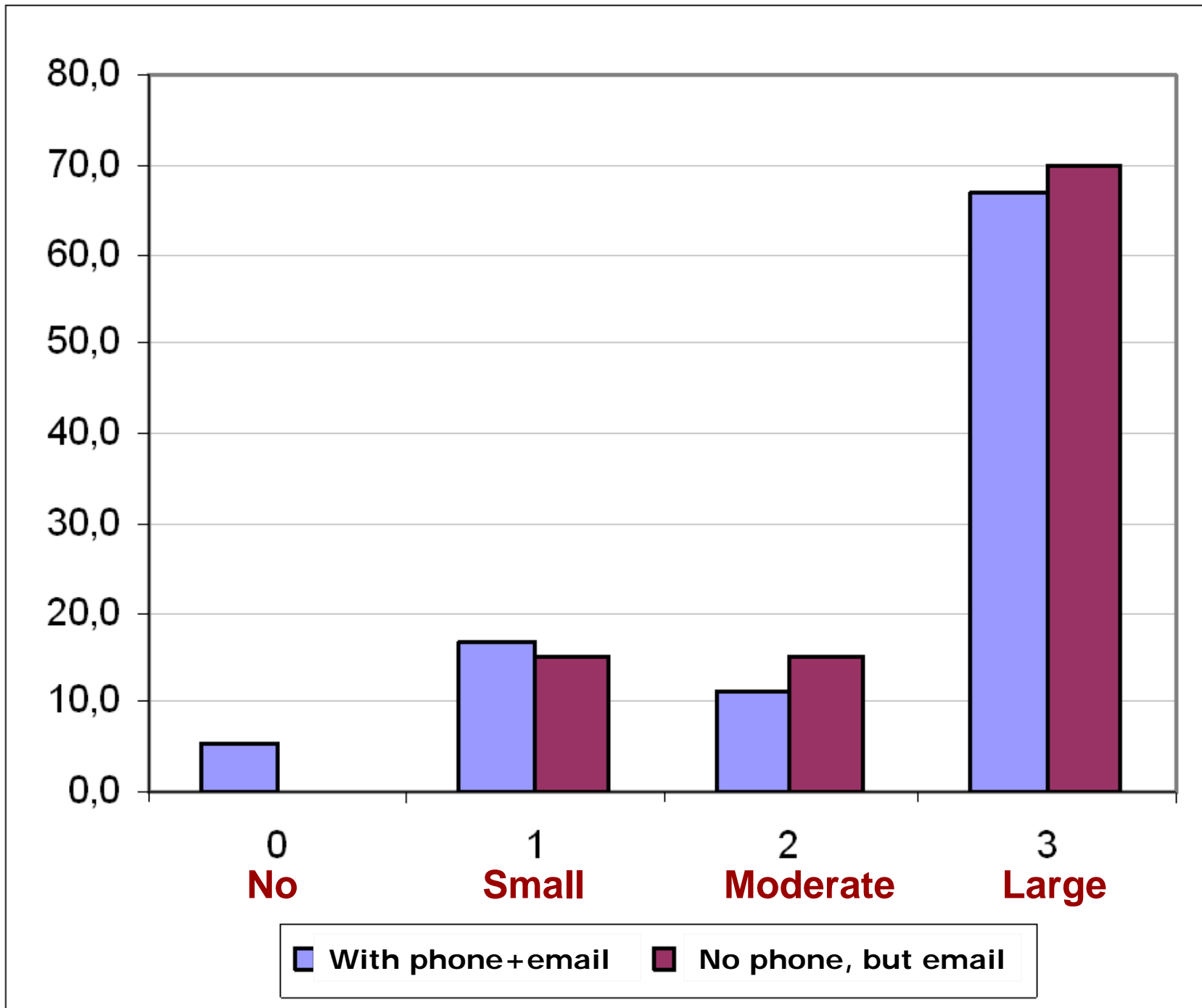
SPSQ results at 30 months

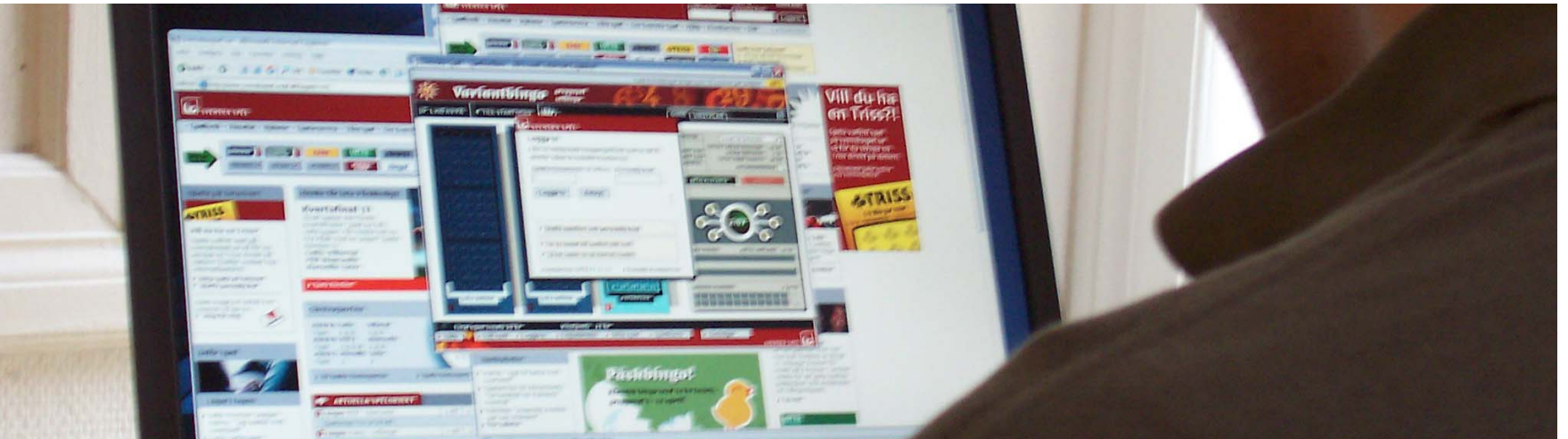
- Within effect size (pre to 30 months) $d=1.47$
- Results are stable.



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