

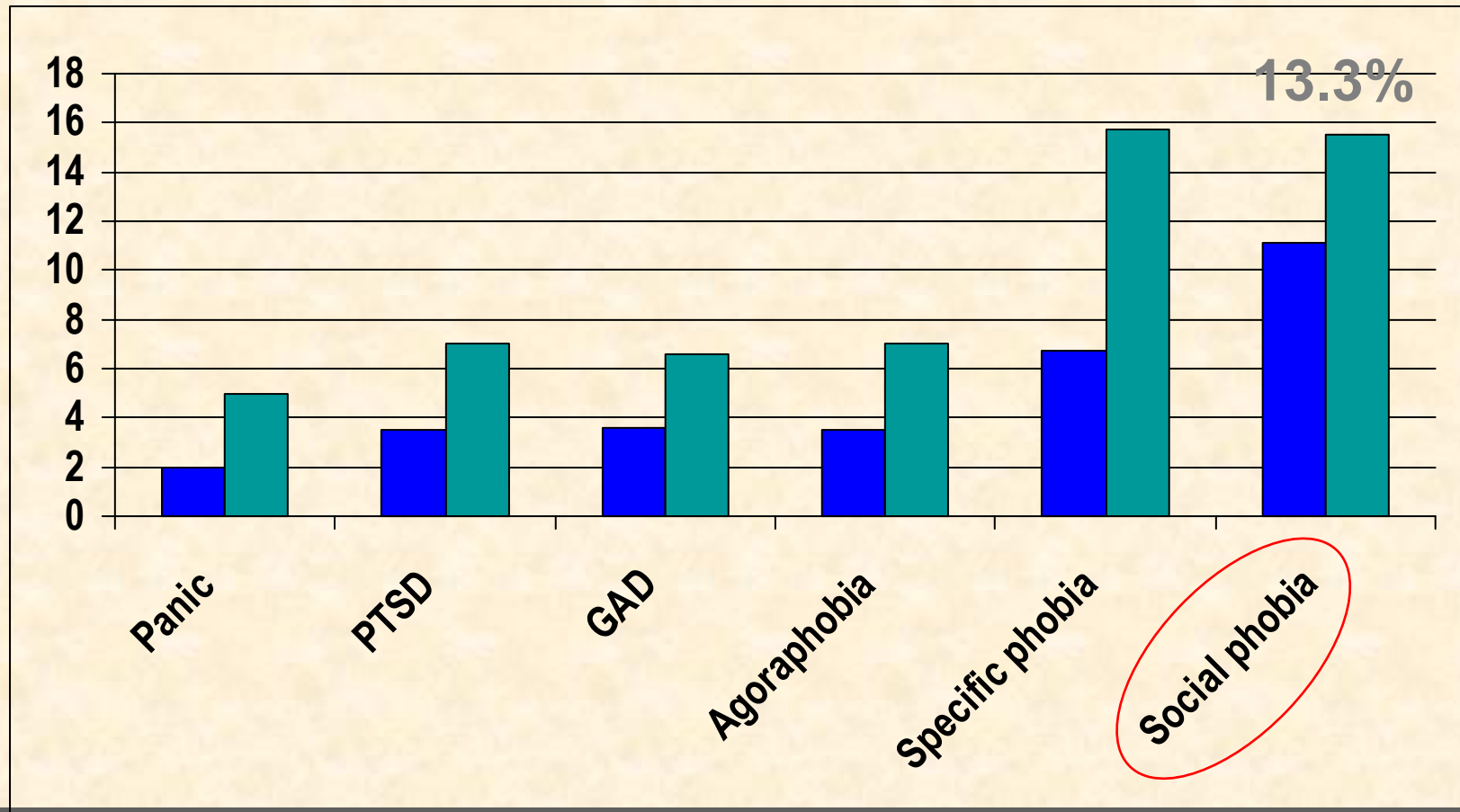
SOCIAL PHOBIA

**Bibliotherapy vs. Internet-based self-help with therapist feedback in the treatment of social phobia:
A randomized controlled study**

Tomas Furmark



LIFETIME PREVALENCE OF ANXIETY DISORDERS IN THE COMMUNITY (%)



■ Women
■ Men

Kessler et al., (Arch Gen Psych, 1994)

SOCIAL PHOBIA: BARRIERS TO TREATMENT

- Availability: Shortage of skilled therapists, especially in rural or geographically isolated areas
- Time: Long waiting-lists
- Costs: Psychotherapy is expensive
- Help-seeking: Embarrassment



Solution: Internet-based self-help treatment with some therapist guidance?



INTERNET-BASED TREATMENT (CBT) FOR SOCIAL PHOBIA

SOFIE study	On-line self-help manual	E-mail contact with therapist	Online discussion group	Group exposure sessions	Weekly telephone support	Self-help book	Reference
open	X	X	X				Carlbring et al., <i>Clinical Psychologist</i> , 2006
RCT 1	X	X	X	X			Andersson et al., <i>JCCP</i> , in press
RCT 2	X	X	X		X		Carlbring et al., in press
RCT 3	X	X	X	X			Tillfors et al., in preparation
RCT 4	X	X	X			X	Furmark et al., in preparation
RCT 5	X	X	X			X	In preparation

INTERNET-BASED CBT SELF-HELP MANUAL

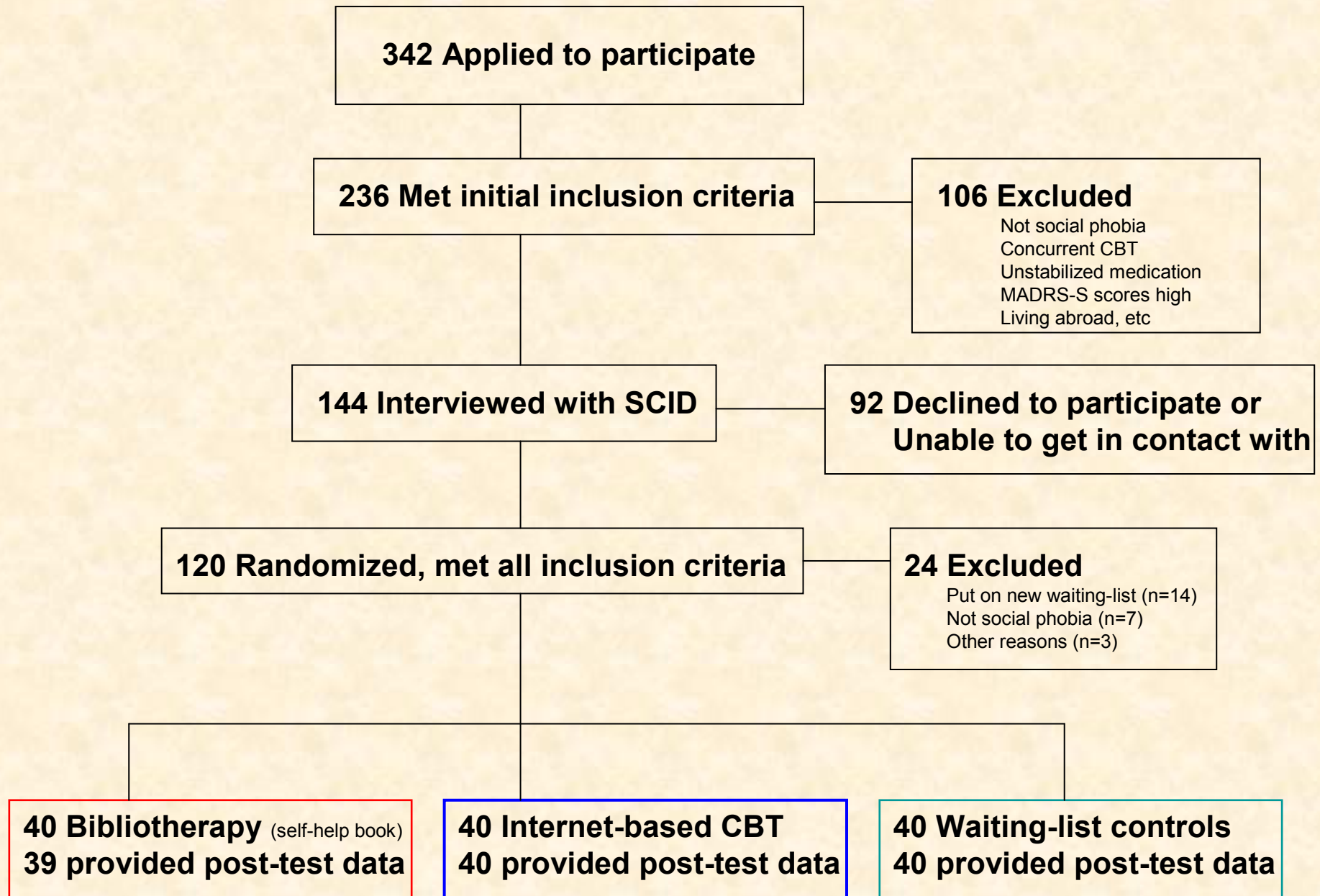
Nine modules (1 per week) (in total 186 pages)

1. Introduction and psychoeducation (19 pages)
2. A cognitive model for social phobia (Clark & Wells 1995) (20 pages)
3. Cognitive restructuring I (28 pages)
4. Cognitive restructuring II, behavioral experiments (22 pages)
5. Exposure I (18 pages)
6. Shifting focus (reduce self-focus and safety behaviors) (19 pages)
7. Exposure II (20 pages)
8. Social skills, assertiveness (19 pages)
9. Perfectionism, self-confidence, relapse prevention, summary (21 pages)



RANDOMIZED CONTROLLED TRIAL 4

- Objective: To compare the efficacy of the complete Internet-based CBT treatment package (SOFIE) with the self-help book only
- Nine-week treatment period with three groups:
 1. Bibliotherapy (self-help book sent by mail)
 2. Internet-based CBT (self-help manual on line, e-mail correspondence with therapist, on-line discussion group)
 3. Waiting-list control
- Main exclusion criteria: Suicidal or severe depression, drug abuse, age <18, unstabilized medication, ongoing psychotherapy, living abroad, no access to computer or Internet



OUTCOME MEASURES

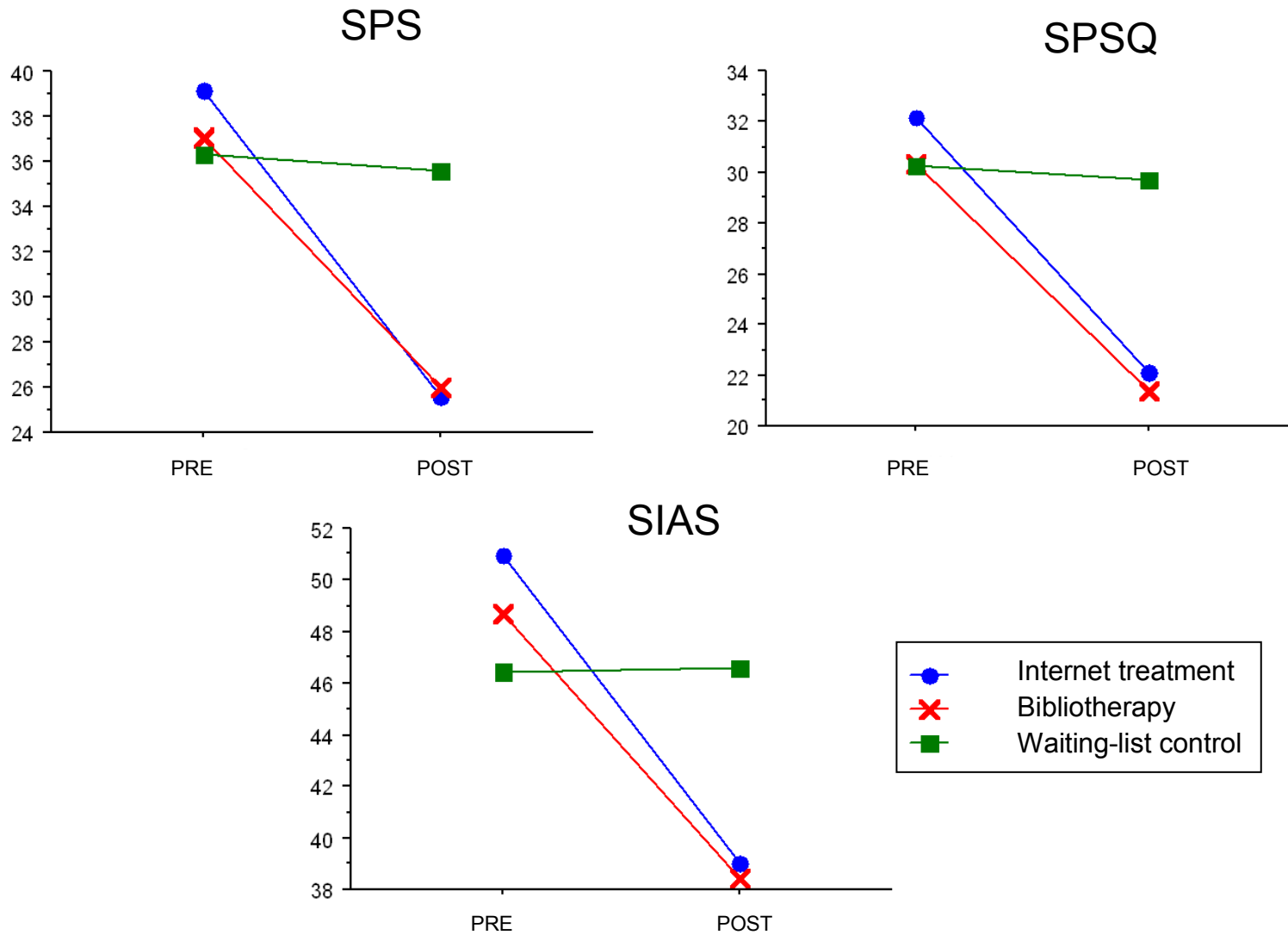
Primary:

- Liebowitz Social Anxiety Scale, self-report: (LSAS-SR) – weekly assessments
- Social Phobia Screening Questionnaire (SPSQ)
- Social Phobia Scale (SPS)
- Social Interaction Anxiety Scale (SIAS)

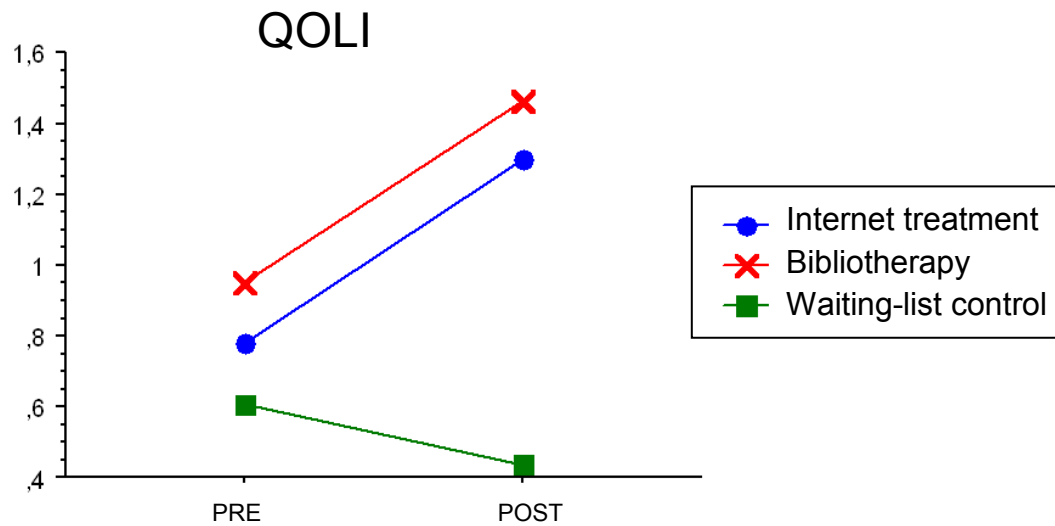
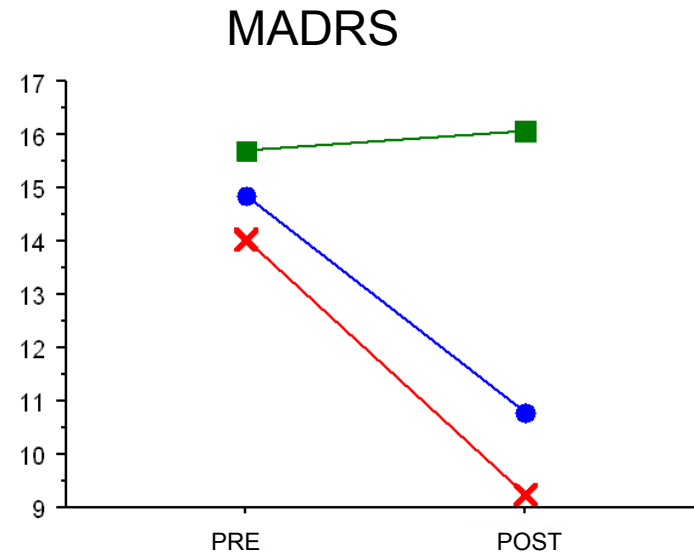
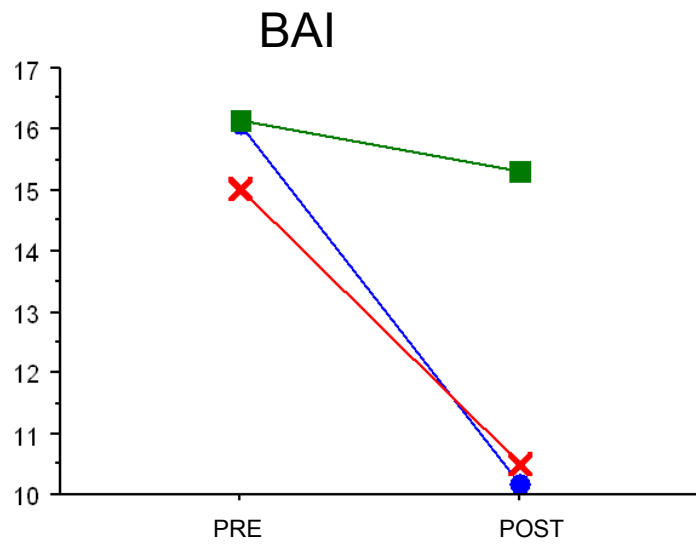
Secondary

- Beck Depression Inventory (BDI)
- Beck Anxiety Inventory (BAI)
- Quality of Life Inventory (QOLI)

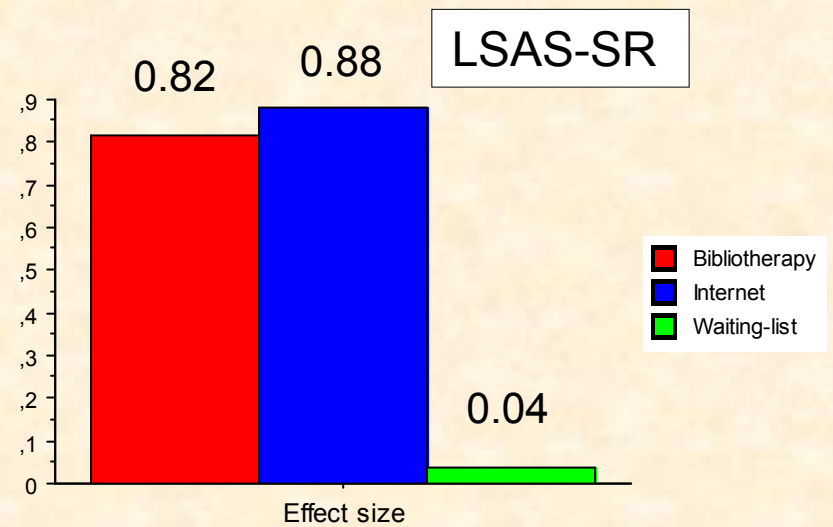
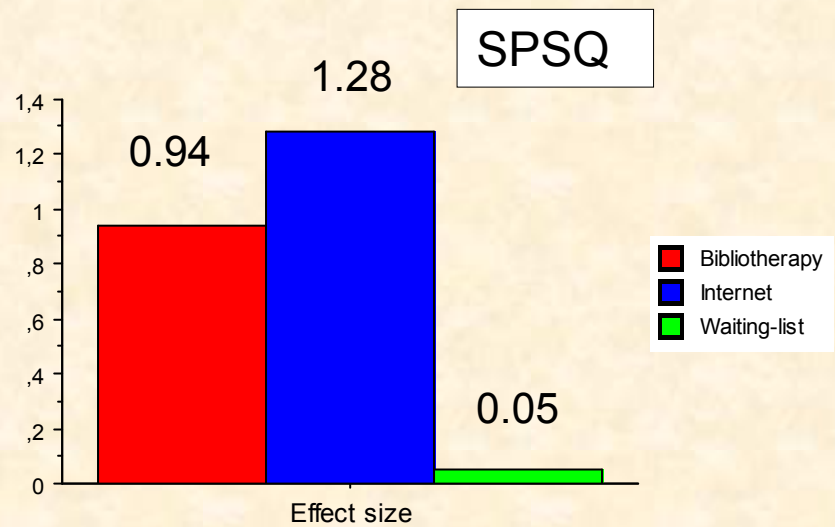
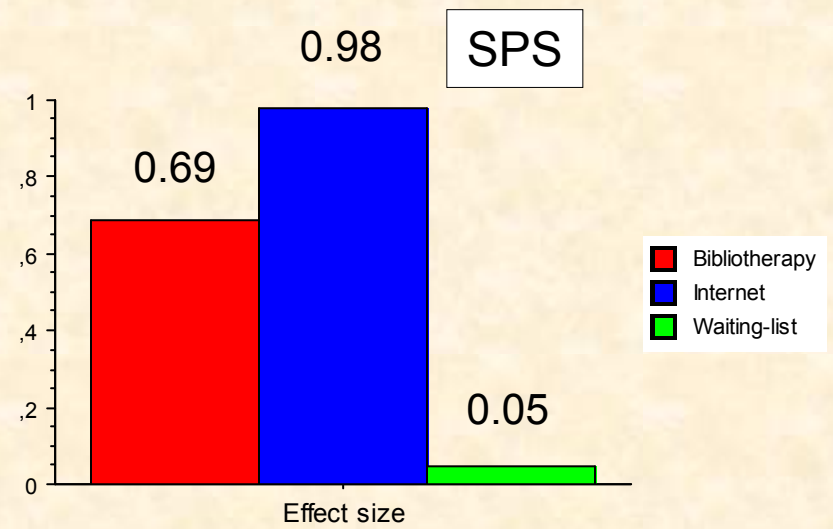
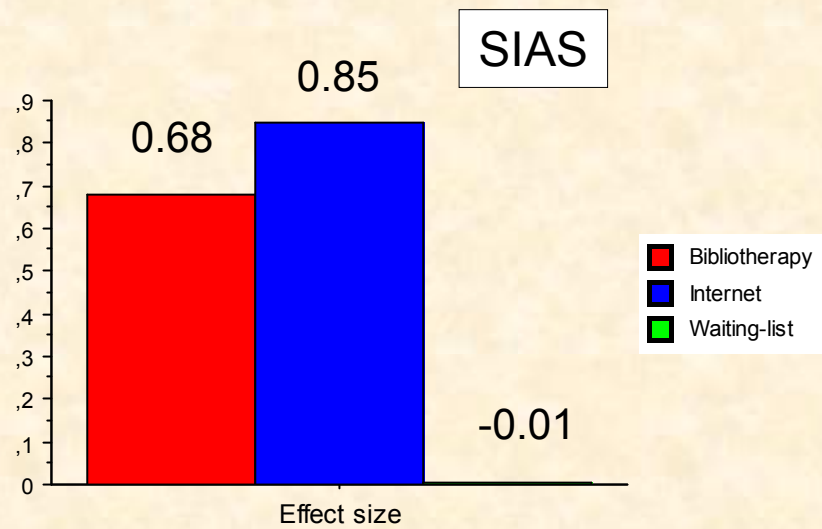
RESULTS: SOCIAL ANXIETY MEASURES



SECONDARY MEASURES

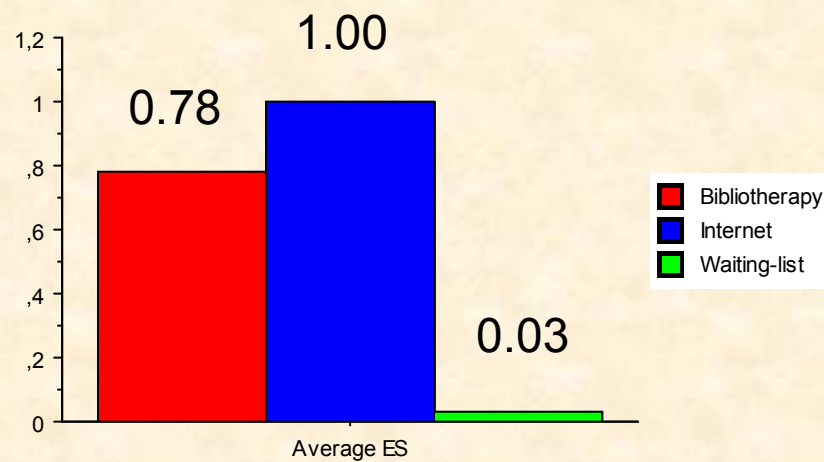


WHITIN-GROUP EFFECT SIZES

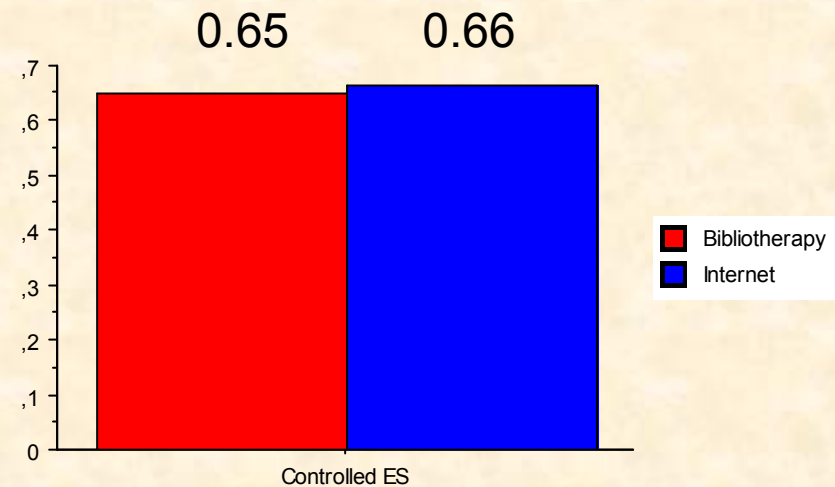


EFFECT SIZES: SOCIAL ANXIETY SCALES

Average within-group ES



Average between-group ES (relative to waiting-list)



META ANALYSIS (Fedoroff & Taylor, 2001)

54 treatments (psychotherapy)

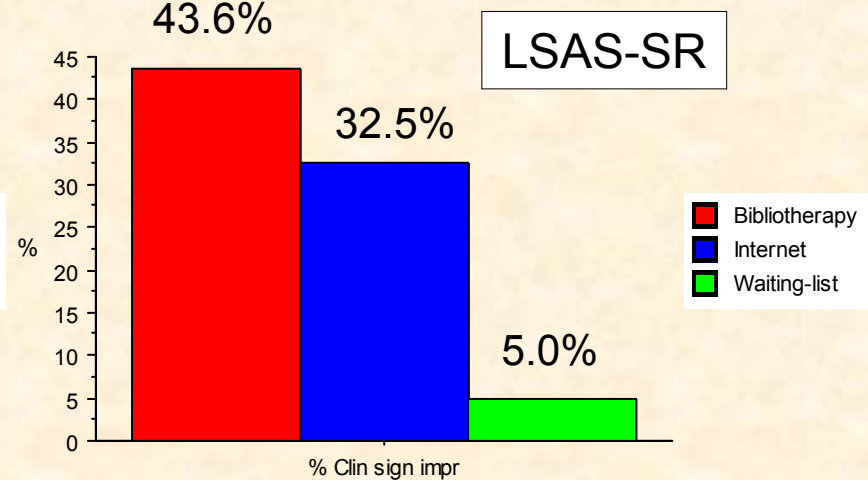
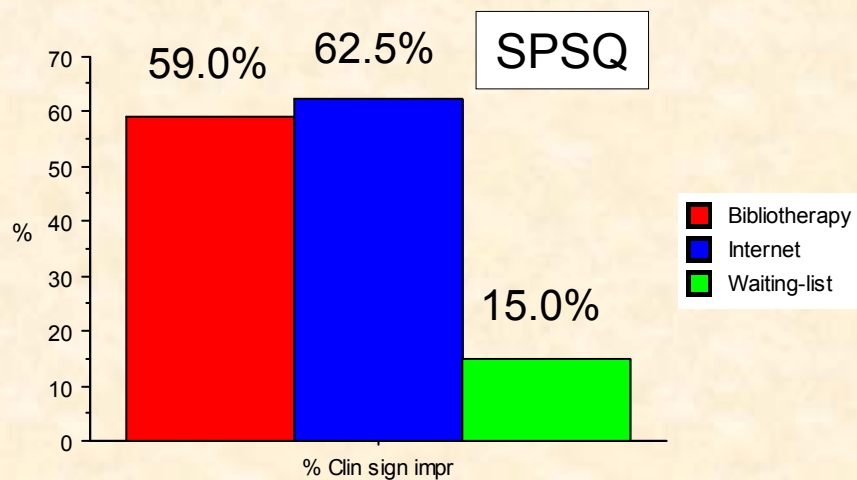
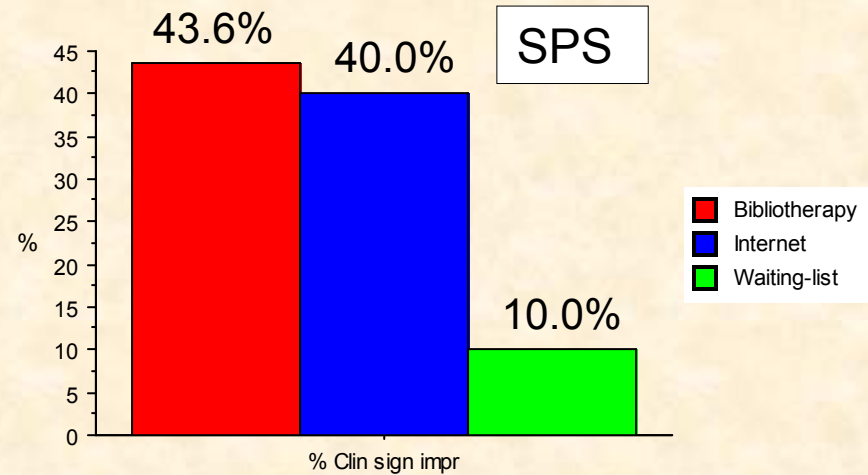
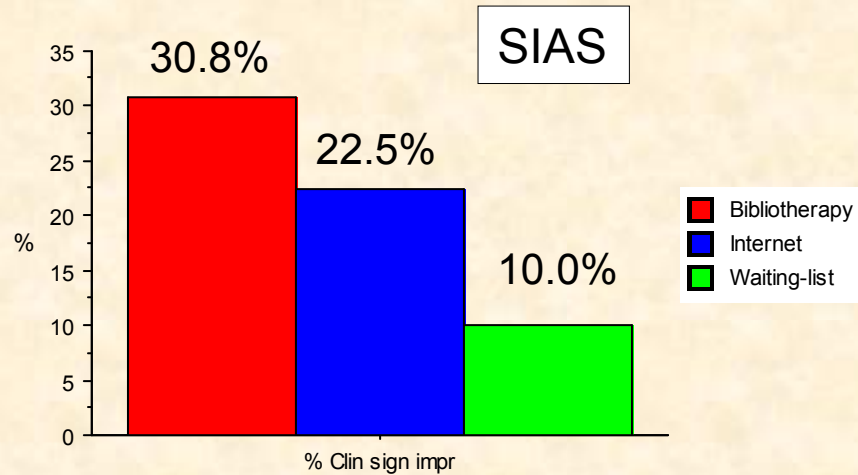
Internet-based
CBT d= 1.00

Bibliotherapy
d=0.78

- Exposure therapy n=7 d= 1.08
- Cognitive + exposure therapy n=21 d = 0.84
- Cognitive therapy n=7 d = 0.72
- Social skills training n=5 d = 0.64
- Applied relaxation n=2 d = 0.51
- Attention placebo n=4 d = 0.44
- Waiting-list control n=8 d = 0.03

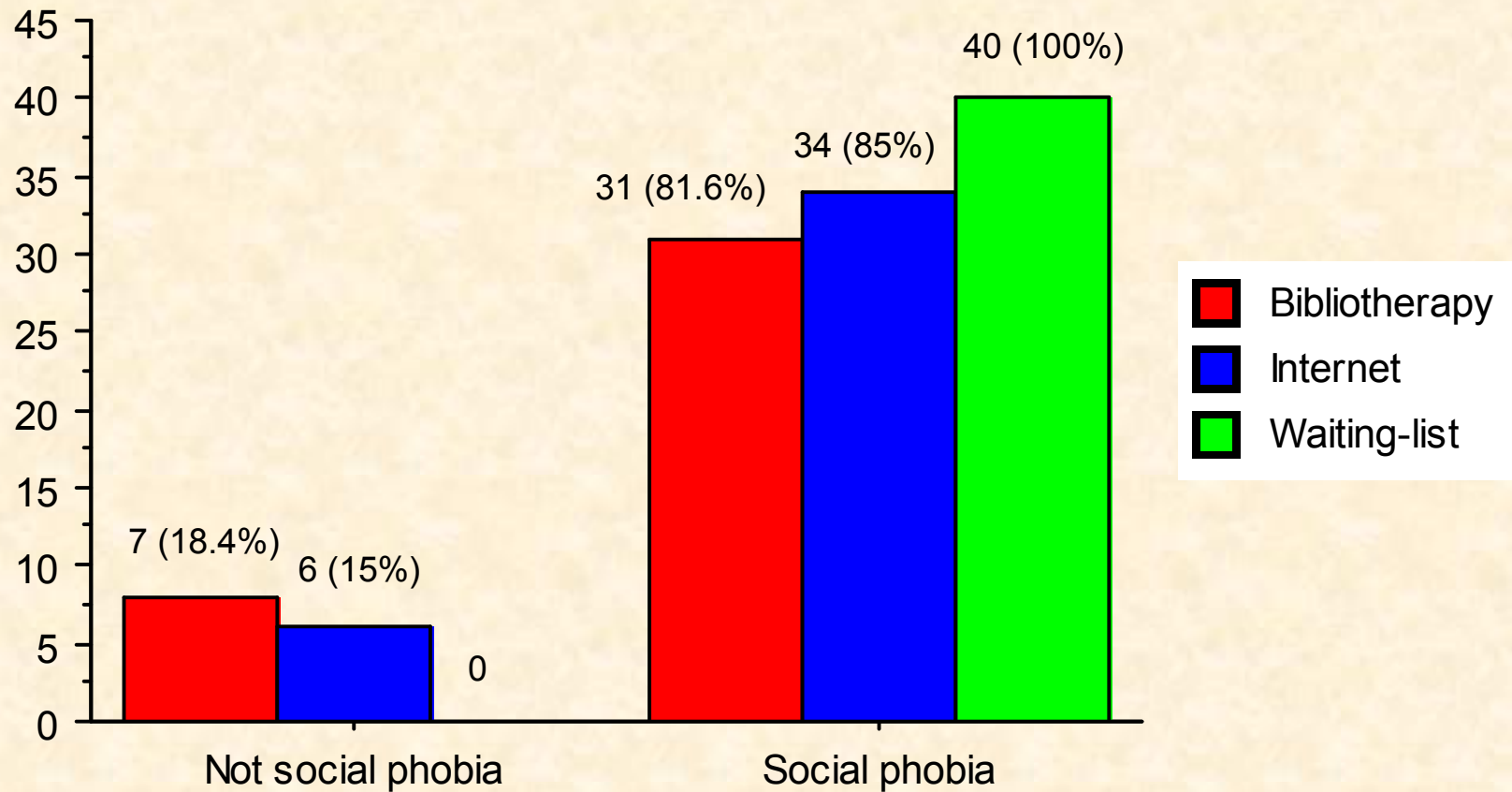
duration M= 10,3 weeks, self-reports, $d = M_{pre} - M_{post} / SD$ (pooled)

CLINICALLY SIGNIFICANT IMPROVEMENT



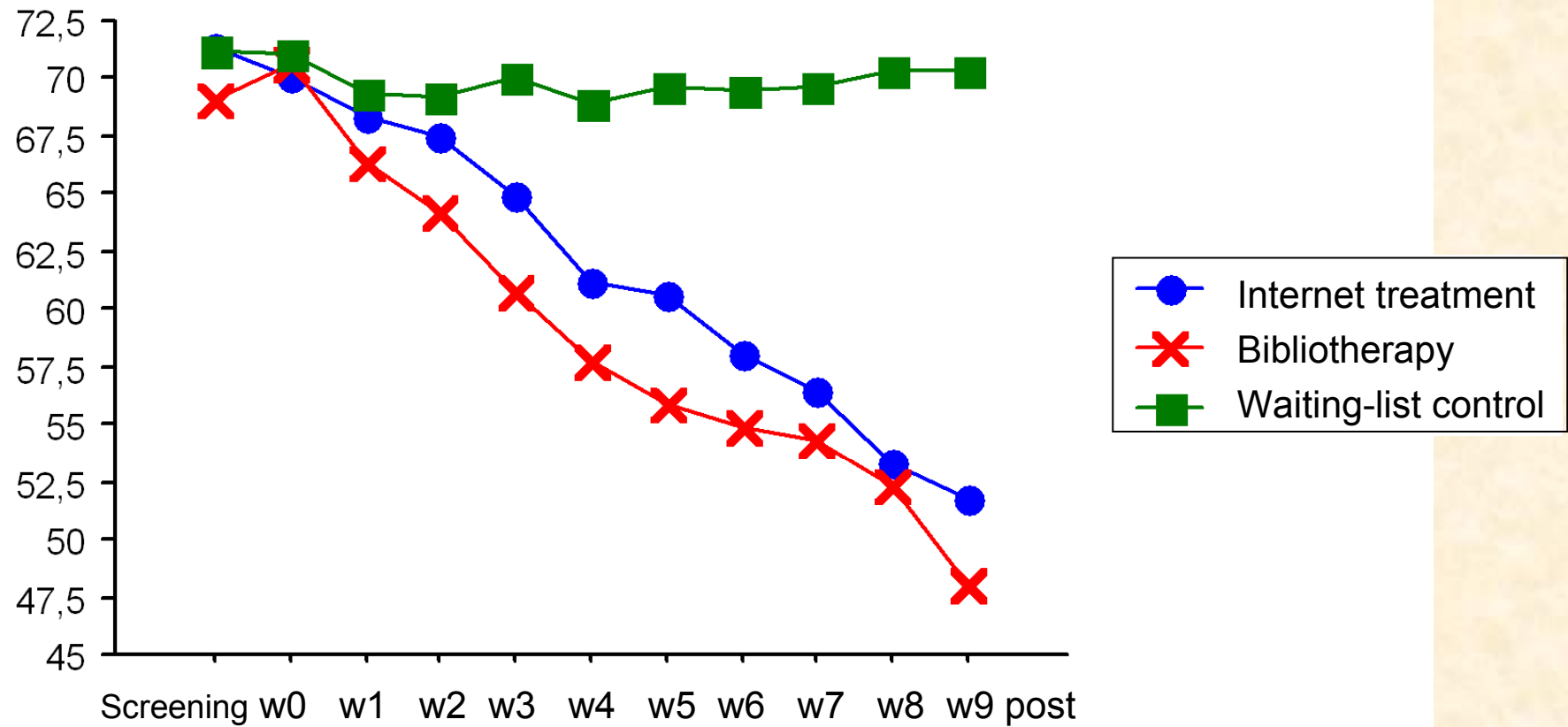
DIAGNOSIS AFTER TREATMENT

(ASSESSED USING SPSQ)



WEEKLY TREATMENT RESPONSE

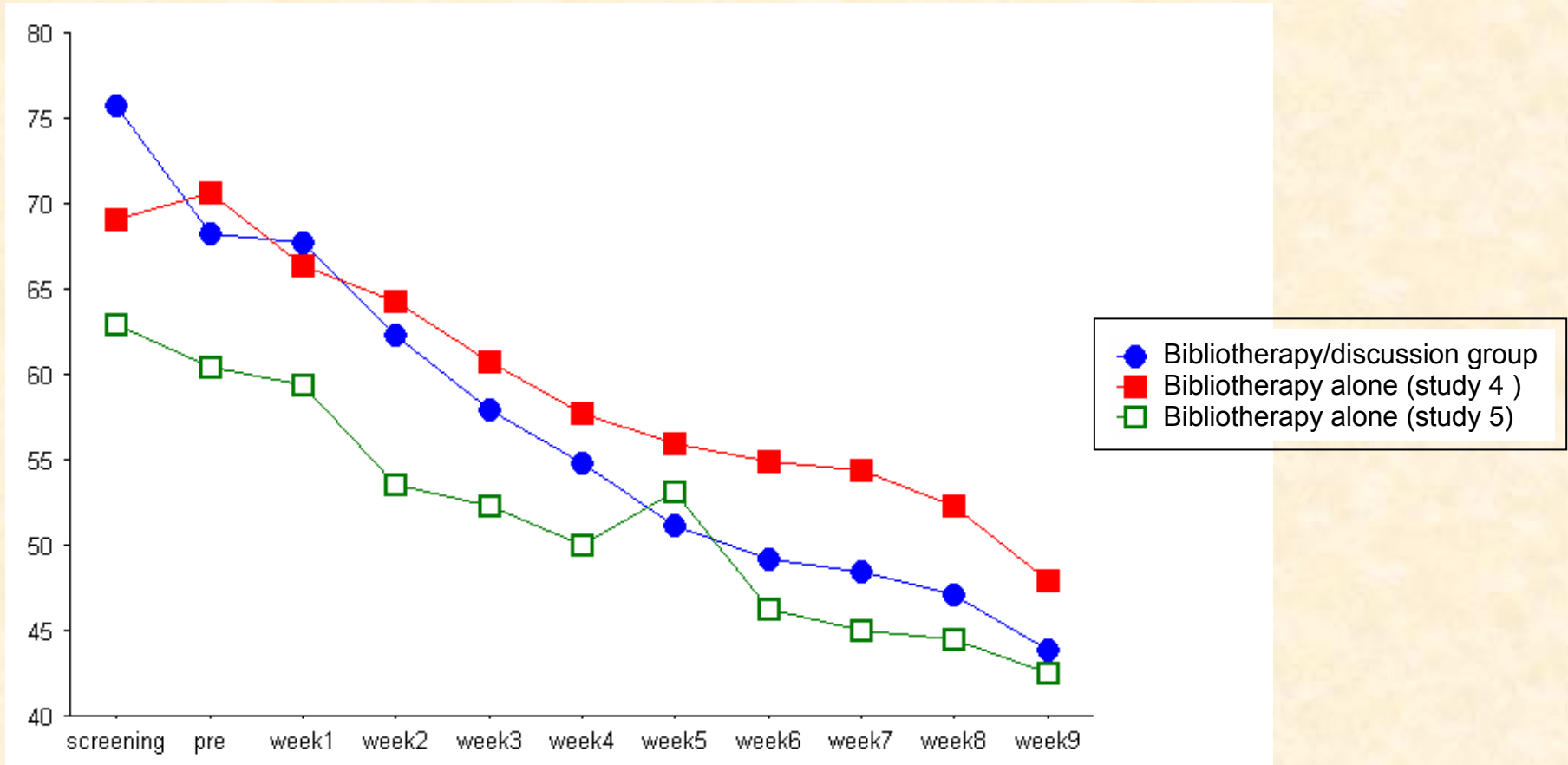
LSAS-SR



WEEKLY TREATMENT RESPONSE

Bibliotherapy - additional data

LSAS-SR



CONCLUSIONS

- Both Internet-based CBT and bibliotherapy are effective in the treatment of social phobia
- No significant differences between the two forms of treatment at posttreatment, nor during the course of treatment
- Gradual, continuous improvement over 9 weeks
- Effect sizes are comparable to traditional CBT
(but not as good as Clark et al., 2003; in press)
- Note: Most subjects remain symptomatic after treatment and still fulfill the criteria for social phobia



Thank you!

WEEKLY TREATMENT RESPONSE

Internet-based CBT vs SSRIs

LSAS-SR

