Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effectiveness of cognitive - behavioral group therapy and exposure therapy on interpretation bias and fear of negative evaluation in social anxiety disorder

Protocol summary

Summary

Abstract: The purpose of this study is to compare the effectiveness of cognitive- behavioral group therapy and exposure therapy on reduction of interpretation bias and fear of negative evaluation in social anxiety disorder. Twenty four students studying at B.S. level in health school of Iran university of medical sciences with diagnosis of social anxiety disorder were allocated to three 8- subject groups (cognitive- behavioral group therapy, exposure therapy, and waiting list control group) in a complete randomly method. Twelve sessions of standard cognitive- behavioral group therapy and exposure therapy were carried out, and waiting list control group didn't receive any kind of treatment. Data were gathered through administration of Social Phobia Inventory (SPIN), Interpretation Questionnaire- Revised, and Brief Fear of Negative Evaluation Scale (BFNE-S), and analyzed statistically with covariance. Findings indicated that cognitive- behavioral group therapy comparing to exposure therapy (P= 0.01) and waiting list control group (P= 0.001) significantly led to reduction of interpretation bias in socially anxious subjects. As well as it was found that exposure therapy alone didn't significantly reduce interpretation bias in social anxiety disorder, and do not differ from no treatment in waiting list control group (P=0.07). On the other hand, findings indicated that both cognitive- behavioral group therapy and exposure therapy in comparison with waiting list control group significantly reduced fear of negative evaluation (P= 0.001 & P= 0.002), but they do not differ significantly from each other (P= 0.25).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138806042372N1**

Registration date: **2010-04-17, 1389/01/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-04-17, 1389/01/28

Registrant information

Name

Hossein Dadashzadeh

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1380 4486

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dadashzadeh@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

none

Expected recruitment start date

2007-12-22, 1386/10/01

Expected recruitment end date

2008-04-26, 1387/02/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of cognitive - behavioral group therapy and exposure therapy on interpretation bias and fear of

negative evaluation in social anxiety disorder

Public title
Effectiveness of cognitive - behavioral group therapy and exposure therapy on interpretation bias and fear of negative evaluation in social anxiety disorder

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: 1- Diagnosis of social anxiety disorder 2- Age group: 18-40 Exclusion criteria: 1-Substance abuse 2- Depression score in BDI-2 above 30 3- Major Personality disorder 4- Diagnosis of a psychotic disorder

Age
From **18 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Menthal Health Center ,Tehran Psychiatric Institute

Street address
Niayesh St.- Sattarkhan Ave.- Tehran, Iran

City
Tehran

Postal code
14565-441

Approval date
2010-12-01, 1389/09/10

Ethics committee reference number
23/22/10/88

Health conditions studied

1

Description of health condition studied
Social anxiety disorder +Interpretation bias + Fear of negative evaluation

ICD-10 code
F40.1

ICD-10 code description
Social phobias

Primary outcomes

1

Description
Decreas of interpretation bias and Decreas of Fear of negative evaluation in social anxiety disorder.

Timepoint
1 week before intervention and 3 month after begining of intervention.

Method of measurement
Using Questionnaire of Interpretation Bias and Brief Fear of Negative Evaluation Scale (BFNE-S)

Secondary outcomes

1

Description
none

Timepoint
none

Method of measurement
none

Intervention groups

1

Description
Accomplishment of 12 sessions of standard cognitive-behavioral therapy.

Category
N/A

2

Description
Accomplishment of 12 sessions of standard exposure therapy alone.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Health school - Iran university of medical sciences

Full name of responsible person

Street address

City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
none.
Full name of responsible person
Dr. Hossein Dadashzadeh
Street address
Razi hospital,Sahid Bakeri (Elgoli) Avenue, Tabriz, Iran.
City
Tabriz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
none.
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty