

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 Jun 2026

### The comparison of effectiveness of group and individual cognitive-behavior therapy in reducing social anxiety symptoms

#### Protocol summary

##### Summary

This study aimed to compare the effect of cognitive-behavior group therapy (CBGT) and the individual cognitive-behavior therapy (ICBT) in reducing symptoms of social anxiety disorder (SAD). The subjects included 28 patients referred to psychological treatment centers of University of Welfare and Rehabilitation Sciences who diagnosed with Social anxiety disorder. The sample randomly allocated in two groups of 14 people and then each groups participated in 12 sessions based on Heimberg's model for SAD. After applying the drop out criterion (three sessions and more), the final sample declined to 22. Pretest and posttest data using Social Phobia Inventory (SPIN), Brief Fear of Negative Evaluation Scale (BFNE-S), Fear of Positive Evaluation Scale (FPES) and the Beck Depression Inventory - Second Edition (BDI-II) were collected and were analyzed with analysis of covariance.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201009254810N1**

Registration date: **2010-10-16, 1389/07/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2010-10-16, 1389/07/24

##### Registrant information

##### Name

Ebrahim Rezaei Dogaheh

##### Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 2218 0052

##### Email address

e.rezaee@uswr.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

university of Social Welfare and Rehabilitation Sciences

##### Expected recruitment start date

2010-04-21, 1389/02/01

##### Expected recruitment end date

2010-09-23, 1389/07/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The comparison of effectiveness of group and individual cognitive-behavior therapy in reducing social anxiety symptoms

##### Public title

The comparison of effectiveness of group and individual cognitive-behavior therapy in reducing social anxiety symptoms

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: 1- Diagnosis of social anxiety disorder  
2- Age group: 18-35 3-At least high school graduate degree 4-score 37 and over in SPIN  
Exclusion criteria: 1- Substance abuse 2- Major depression disorder 3- Diagnosis of a psychotic disorder

##### Age

From **18 years** old to **35 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 28

**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 Social Welfare and Rehabilitation Sciences

**Street address**

Evin, Koodakyar Ave., Social Welfare and Rehabilitation Sciences

**City**

Tehran

**Postal code**

1985713834

**Approval date**

empty

**Ethics committee reference number**

880.89.4.801

**Health conditions studied****1****Description of health condition studied**

Social Anxiety Disorder

**ICD-10 code**

F40.1

**ICD-10 code description**

Social phobias

**Primary outcomes****1****Description**

Fear, avoidance and physical arousal in SPIN

**Timepoint**

1 week before intervention and 12 weeks after beginning of intervention

**Method of measurement**

Social phobia inventory (SPIN)

**Secondary outcomes****1****Description**

Fear of negative evaluation

**Timepoint**

1 week before intervention and 12 weeks after beginning of intervention

**Method of measurement**

BFNE questionnaire

**Intervention groups****1****Description**

Cognitive-behavior group therapy :This treatment is based on Heimberg's model for SAD and consists 12 group sessions.

**Category**

Behavior

**2****Description**

Individual cognitive-behavior therapy :This treatment is based on Heimberg's model for SAD and consists 12 individual sessions.

**Category**

Behavior

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Akhavan and USWR Councelling Center

**Full name of responsible person**

Clinical Psychology Faculty of USWR

**Street address**

Koodakyar Ave., Social Welfare and Rehabilitation Sciences University

**City**

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**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Research Deputy of University of Social Welfare and Rehabilitation Sciences

**Full name of responsible person**

Dr Hasan Shakeri

**Street address**

Evin, Koodakyar ave., University of Social Welfare and Rehabilitation Sciences

**City**

Tehran

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Research Deputy of University of Social Welfare and Rehabilitation Sciences

**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****Contact****Name of organization / entity**

University of Social Welfare and Rehabilitation Sciences

**Full name of responsible person**

Dr Ebrahim Rezaei Dogaheh

**Position**

(PhD) in Clinical Psychology

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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*