

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)

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+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

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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

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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*