Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Nov 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 besed on Heimberg's model for SAD and consists 12 group sessions.
Category
Behavior

2

Description
Individual cognitive-behavior therapy :This treatment is besed 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
Tehran

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
Other areas of specialty/work
Street address
Evin , Koodakyar Ave., Social Welfare and Rehabilitation Sciences
City
Tehran
Postal code
1985713834
Phone
+98 919 535 2431
Fax
Email
Ebrahim_rezaee@yahoo.com; e.rezaee@uswr.ac.ir
Web page address

Person responsible for scientific 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
Other areas of specialty/work
Street address
Evin, Koodakyar Ave., Social Welfare and Rehabilitation Sciences University
City
Tehran
Postal code
1985713834
Phone
+98 21 2218 0052
Fax
Email
Ebrahim_rezaee@yahoo.com; e.rezaee@uswr.ac.ir
Web page address

Person responsible for updating data

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
Other areas of specialty/work
Street address
Evin, Koodakyar Ave., Social Welfare and Rehabilitation Sciences University
City
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Postal code
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+98 21 2218 0052
Fax
Email
Ebrahim_rezaee@yahoo.com; e.rezaee@uswr.ac.ir
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