ISRCTN22752528 https://doi.org/10.1186/ISRCTN22752528

Cognitive therapy (CT-A) versus short-term psychodynamic psychotherapy (STPP-A) for social phobia (SP) in adolescents

Submission date	Recruitment status	[ ] Prospectively registered
07/06/2010	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
17/02/2011	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
17/02/2011	Mental and Behavioural Disorders	[ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
01GV0903

Study information

Scientific Title
Cognitive therapy (CT-A) versus short-term psychodynamic psychotherapy (STPP-A) for social phobia (SP) in adolescents: a randomised controlled multicentre study

Acronym
SOPHOYOU

Study objectives
Manualised CT-A and manualised STPP-A are more effective in reducing symptoms of SP than waitlist control condition (WL).
In addition, to identify responder and non-responder profiles of CT-A and STPP-A, moderators of treatment outcome will be examined.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved by the Ethics Committee of the Medical Faculty of the University of Heidelberg on the 10th of May 2010

Study design
Multicentre randomised active controlled parallel group trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Social Phobia (Social Anxiety Disorder)

Interventions
The trial compares 25 sessions (within 16 weeks) of manualised cognitive therapy for adolescents (CT-A) and manualised short-term psychodynamic psychotherapy (STPP-A) with a waitlist (WL) control condition of 16 weeks. In the first 8 weeks bi-weekly individual sessions provide an intensive start. For the remaining 8 weeks CT-A and STPP-A are conducted with 1 weekly session.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Liebowitz Social Anxiety Scale for Children and Adolescents (LSAS-CA) at post-assessment (and 1 year follow-up)

Key secondary outcome(s))
1. Diagnosis of SP, evaluated by Kiddie-Schedule for Affective Disorders and Schizophrenia (Kiddie-SADS)
2. Remission in Liebowitz Social Anxiety Scale for Children and Adolescents (LSAS-CA)
3. Social Phobia and Anxiety Inventory (SPAI)

4. Clinical Global Impression and Improvement Scale (CGI)
5. EuroQuol for Children (EQ-5D)
Secondary outcomes will be measured at pre and post-assessment and at 1 year follow-up.

Completion date
31/12/2012

Eligibility

Key inclusion criteria
1. Primary diagnosis of Social Phobia according to Diagnostic and Statistical Manual of Mental Disorders 4th edition (DSM-IV)
2. Aged 14 to 20 years

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Other

Sex
All

Key exclusion criteria
1. Psychotic disorders
2. Substance related disorders
3. Organic mental disorders
4. Attention Deficit Hyperactivity Disorder (ADHD)
5. Post Traumatic Stress DIsorder (PTSD)
6. Suicidal ideation
7. Servere medical contitions
8. Concurrent psychotherapeutic or psychopharmacological treatment
9. IQ <80

Date of first enrolment
01/01/2010

Date of final enrolment
31/12/2012

Locations

Countries of recruitment
Germany

Study participating centre
Voßstraße 4
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Germany
69115

Sponsor information

Organisation
German Federal Ministry of Education and Research (Bundesministerium Fur Bildung und Forschung [BMBF]) (Germany)

ROR
https://ror.org/04pz7b180

Funder(s)

Funder type
Government

Funder Name
German Federal Ministry of Education and Research (Bundesministerium Fur Bildung und Forschung [BMBF]) (Germany)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes