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A randomized controlled trial of a web-based treatment for social phobia

Submission date 05/03/2007	**Recruitment status** No longer recruiting
Registration date 26/09/2007	**Overall study status** Completed
Last Edited 23/05/2019	**Condition category** Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Study website
http://sa.online-therapy.ch

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number
Nil known

IRAS number

ClinicalTrials.gov number
Nil known

Secondary identifying numbers
100011-112345

Study information

Scientific Title
A randomized controlled trial of a web-based treatment for social phobia

Acronym
OSP Trial (Online Social Phobia Trial)

Study objectives
To determine whether a new, web-based version of cognitive therapy is an effective treatment for social phobia.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved by the Swiss National Science Foundation on 1 April 2006.

Study design
Randomised controlled trial.

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Not Specified

Participant information sheet

Health condition(s) or problem(s) studied
Social phobia

Interventions
1. Web-based cognitive-behavioral treatment (10 weeks)
2. 10 week wait-list control condition
Patients initially allocated to wait will subsequently receive the web-based cognitive-behavioral treatment.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
The following will be performed at pre-assessment (baseline), post-assessment (at 10 weeks) and follow-up (at 6 months):
1. Social Phobia Scale
2. Social Interaction Scale
3. Liebowitz Social Anxiety Scale

Secondary outcome measures
The following will be performed at pre-assessment (baseline), post-assessment (at 10 weeks) and follow-up (at 6 months):
1. Symptom Check List (SCL-90-R)
2. Beck Depression Inventory (BDI)
3. State-Trait Anxiety Inventory (STAI)
4. Inventory of Interpersonal Problems (IIP)
5. Goal Attainment Scaling (GAS)

Overall study start date
20/03/2007

Completion date
30/06/2008

Eligibility

Key inclusion criteria
1. Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) (American Psychiatric Association, 1994) criteria for social phobia. Assessed with the Structured Clinical Interview for Diagnostic and Statistical Manual of Mental Disorders IV (SCID IV)
2. Patients are included if the cut off score is reached on the Social Phobia Scale and Social Interaction Scale
3. Age 18 to 35
4. Willing to accept random allocation

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
50

Total final enrolment
52

Key exclusion criteria
1. Current or past psychosis
2. Borderline personality disorder (other personality disorders are not a reason for exclusion)

Date of first enrolment
20/03/2007

Date of final enrolment
30/06/2008

Locations

Countries of recruitment
Switzerland

Study participating centre
40 Blv. du Pont d'Arve
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Sponsor information

Organisation
The Swiss National Science Foundation (Switzerland)

Sponsor details
Division I: Humanities and Social Sciences
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Sponsor type
Government

Website
http://www.snf.ch

ROR
https://ror.org/00yjd3n13

Funder(s)

Funder type
Government

Funder Name
The Swiss National Science Foundation (Grant ref: 100011-112345)

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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?
Results article	results	01/10/2009	23/05/2019	Yes	No