

Attention training in Social Phobia/Social anxiety disorder

Submission date 08/05/2011	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 20/05/2011	Overall study status Completed	☐ Statistical analysis plan
		☒ Results
Last Edited 20/03/2020	Condition category Mental and Behavioural Disorders	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Prof Per Carlbring

Contact details
Institute for Psychology
Umeå University
Umeå
Sweden
90187
+46 (0)90 786 7833
per.carlbring@psy.umu.se

Additional identifiers

Protocol serial number
2009-0222

Study information

Scientific Title
Attention training in Social Phobia/Social anxiety disorder: a single-centre, randomised controlled interventional trial

Acronym

SOFIEsjunio

Study objectives

The aim of this research is to evaluate the effectiveness of an Internet-based attention modification program in the treatment of social phobia/social anxiety disorder. This project will use a randomised controlled trial to assess:

1. Whether a self-administered Internet-based attention modification training program is effective in reducing symptoms of social phobia, anxiety, and depression and increasing quality of life
2. Whether instructions to induce arousal immediately before the training optimizes the effectiveness

Ethics approval required

Old ethics approval format

Ethics approval(s)

Central Ethical Review Board (Centrala etikprövningsnämnden) Umeå, Sweden (Reference number: 2010-307-31Ö)

Primary study design

Interventional

Study design

Single-centre randomised controlled interventional trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Social phobia/social anxiety disorder

Interventions

1. Study 1:

1.1. Participants were either assigned to the real attention modification program or to a placebo version

1.2. Everything was identical in both conditions except for the location of the probe

1.3. Hence, in both conditions a trial began with a fixation cross (+) presented in the centre of the screen for 500ms

1.4. Immediately following termination of the fixation cue, the web based flash program in full screen mode presented two faces of the same person, one face on the top and one on the bottom, with each pair displaying one of two combinations of emotions

1.5. Either neutral-disgust, or neutral-neutral

1.6. After presentation of the faces for 500 ms, a probe appeared in the location of one of the two faces

1.7. Participants were instructed to indicate whether the probe was the letter E or F by pressing the corresponding arrow on the keyboard using their dominant hand

1.8. The probe remained on the screen until a response was given, after which the next trial began

1.9. During each session 160 trials with various combinations of probe type (E/F), probe position (top/bottom), face type (neutral/disgust) and person (four male/four female were presented)

- 1.10. In the real condition the probe was always presented (100% of the trials) at the location of the neutral face if there also was a disgust face present (n=128 trials)
- 1.11. In contrast, in the placebo condition the location of the probe could not be predicted since the probe appeared with equal frequency in the position of the disgust face and the neutral face
- 1.12. Participants were encouraged to do the training on Tuesdays and Thursdays
- 1.13. They received an email and a SMS reminding them to do the training on the training days
- 1.14. If a session was missed a reminder was sent the following day
- 1.15. The participants could only do the training between 5 AM and 11 PM, and there should always be at least one day between the sessions.
2. Study 2:
 - 2.1. Half the participants were randomised to either an internet-based tailored 9-week treatment for social phobia/social anxiety disorder with therapist support or to an attention modification as described above but with the addition of a specific instruction
 - 2.2. The instruction was that immediately before starting the attention modification training he/she should invoke arousal by doing something anxiety provoking

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Study part 1:
Liebowitz Social Anxiety Scale self-report evaluated at three time points: pre, after week 1, after week 2, after week 3, post and 4 month follow-up
2. Study part 2:
Liebowitz Social Anxiety Scale self-report evaluated at three time points: pre, post and 4 month follow-up

Key secondary outcome(s)

1. Social Phobia Scale
2. Social Interaction Anxiety Scale
3. Social Phobia Screening Questionnaire
4. Beck Anxiety Inventory
5. Montgomery Asberg Depression Rating Scale
6. Quality of Life Inventory
7. Evaluated at three time points: pre, post and 4 month follow-up.

Completion date

01/01/2012

Eligibility

Key inclusion criteria

1. A Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSMIV) diagnosis of social anxiety disorder according to the Social Phobia Screening Questionnaire
2. Scoring below 31 on the self-rated version of the Montgomery and Åsberg Depression Rating Scale depression scale and below 4 on the suicide item of this scale (to prevent the inclusion of individuals in strong need of specialist consultation)
3. Not undergoing any other psychological treatment during the study period

4. If prescribed drugs for anxiety or depression, the dosage had to be constant for 2 months before the treatment onset and kept constant throughout the study
5. Being at least 18 years old
6. Living in Sweden
7. Having access to a computer with internet connection
8. Not having a having a significant vision impairment
9. Not admitting another serious or dominant disorder (e.g. psychosis, substance misuse) that could be expected to influence the outcome of the study
10. Having a primary diagnosis of social anxiety disorder according to the Structured Clinical Interview for DSMIV Axis I Disorders

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

01/01/2007

Date of final enrolment

01/01/2012

Locations**Countries of recruitment**

Sweden

Study participating centre

Institute for Psychology

Umeå

Sweden

90187

Sponsor information

Organisation

Swedish Council for Working Life and Social Research (Sweden)

ROR

<https://ror.org/02d290r06>

Funder(s)

Funder type

Research council

Funder Name

Swedish Council for Working Life and Social Research (Sweden) (grant number: 2009-0222)

Alternative Name(s)

Swedish Council for Working Life and Social Research, FAS

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

Sweden

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?
Results article	results	25/06/2012		Yes	No
Results article	results	01/02/2014		Yes	No
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

