

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

Submission date 07/06/2010	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 17/02/2011	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 17/02/2011	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> 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

Primary study design

Interventional

Study design

Multicentre randomised active controlled parallel group trial

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. Severe medical conditions

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
Heidelberg
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