

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

Submission date
05/03/2007

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
26/09/2007

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
23/05/2019

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

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Additional identifiers

Protocol serial number
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.

Primary study design

Interventional

Study design

Randomised controlled trial.

Study type(s)

Not Specified

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(s)

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

Key secondary outcome(s)

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)

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

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
Geneva
Switzerland
1211

Sponsor information

Organisation

The Swiss National Science Foundation (Switzerland)

ROR

<https://ror.org/00yjd3n13>

Funder(s)

Funder type

Government

Funder Name

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

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	01/10/2009	23/05/2019	Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes