

# Webbased prevention of social anxiety in adolescents: a pilot study

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<b>Ethical review</b>	Approved WMO
<b>Status</b>	Pending
<b>Health condition type</b>	Anxiety disorders and symptoms
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON34064

### Source

ToetsingOnline

### Brief title

Webbased prevention of social anxiety in adolescents

## Condition

- Anxiety disorders and symptoms

### Synonym

extreme shyness, social anxiety, social phobia

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Vrije Universiteit

**Source(s) of monetary or material Support:** Zon Mw

## Intervention

**Keyword:** adolescents, prevention, social anxiety, web-based

## Outcome measures

### Primary outcome

The primary outcome measure is the feasibility of this intervention. This will be determined by, for example, how many adolescents show interest in the course and eventually sign up for it. The reasons for drop-out, and predictors for finishing the course will be registered. The level of client satisfaction about the course and the coaching will also give an indication of the feasibility and acceptability of the prevention program. Another primary outcome measure will be the effect of the prevention program, measured by the change in social anxiety symptoms on the SAS-A.

### Secondary outcome

Secondary outcomes include: depressive symptoms (CES-D), general anxiety symptoms (HADS-A), quality of life (Euroqol) and working alliance (WAI) and client satisfaction.

## Study description

### Background summary

Social anxiety is a very prevalent psychiatric disorder. Research indicates that 75% of people with social anxiety had already experienced their first episode at age 15. Untreated social anxiety can cause a negative self-image, school drop-out, educational problems, running from home, and drug and alcohol abuse problems. Since the onset of social anxiety is often during adolescence, this is a good age group for prevention programs. Very little studies have looked at the prevention of social anxiety in children and adolescents. Internet interventions have proven to be effective in treating social anxiety.

A web-based prevention program could be a very suitable for adolescents with social anxiety. Little human contact is required, lowering the threshold to seek help for people with social anxiety. Furthermore, internet interventions can probably reach more adolescents compared to traditional individual or group treatments.

## **Study objective**

The aim of this pilot is to evaluate the feasibility of a web-based self-help course for social anxiety in adolescents. We also hope to get an indication of the effectiveness of the course. Are their social anxiety symptoms diminished after completing the course? Another aim is to evaluate if we can recruit enough respondents for a future randomized controlled trial.

## **Study design**

This pilot is a limited open trial design testing our web-based intervention aimed at the prevention of social anxiety in adolescents. A one-time recruitment campaign will be conducted by advertising on important websites and magazines for adolescents. The included adolescents will be asked to fill out a questionnaire prior to the start of the course (T0). Six weeks later, after completing the course, another questionnaire will be send to them by email (T1). The \*within-study effect size\* (Cohen 1988) will be used to compare the pre and post intervention measures.

## **Intervention**

The intervention is based on the book \*Fobieën\* (Phobias) by drs. de Neef and prof. Cuijpers (co-applicant of this study). The main component of this course is the evidence-based aspect of cognitive behavioural therapy; the exposure. People will need to expose themselves to exactly that what they are anxious about and normally avoid. The course consists of five weekly modules. The participant will be required to do assignments every week. They will be supported and assisted by psychologist over the internet (by email).

## **Study burden and risks**

Not applicable, there are no risks involved.

## **Contacts**

### **Public**

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## **Trial sites**

### **Listed location countries**

Netherlands

## **Eligibility criteria**

### **Age**

Adolescents (12-15 years)

Adolescents (16-17 years)

### **Inclusion criteria**

1) between 13 and 18 years old ; (2) a score of 1 standard deviation above the population mean on the \*Behavioral Inhibition Scale\* (BIS); (3) positive answer on the question: 'as long as I remember, I have always been shy' ; and (4) a score above the 75th percentile of the \*Social Anxiety Scale for Adolescents\* (SAS-A)

### **Exclusion criteria**

Score above the 90th percentile of the 'Social Anxiety Scale for Adolescents\* (SAS-A) and receiving treatment for social anxiety elsewhere

## **Study design**

## Design

**Study type:** Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Health services research

## Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 01-11-2010

Enrollment: 50

Type: Anticipated

## Ethics review

Approved WMO

Date: 11-10-2010

Application type: First submission

Review commission: METC Amsterdam UMC

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

**Register**

CCMO

**ID**

NL33126.029.10