

Cognitive-Behavioral and Psychodynamic Therapy in Adolescents with Social Anxiety Disorder: A Multicenter Randomized Controlled Trial

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Keywords

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Abstract

Background: Although social anxiety disorder (SAD) has an early onset and is frequently found in adolescence, evidence for psychotherapeutic treatments of SAD in adolescents is rather scarce. Within the Social Phobia Psychotherapy Research Network (SOPHO-NET), we examined the efficacy of cognitive-behavioral (CBT) and psychodynamic therapy (PDT) compared to a waiting list (WL) in these patients. **Methods:** In a multicenter randomized controlled superior-

ity trial, 107 patients, aged 14–20 years, were randomized to CBT ($n = 34$), PDT ($n = 34$), or WL ($n = 39$). Assessments were made at baseline, at the end of treatment, and 6 and 12 months after termination. The Liebowitz Social Anxiety Scale for Children and Adolescents (LSAS-CA) applied by raters masked to the treatment condition was used as the primary outcome. As secondary outcomes, rates of response and remission and the Social Phobia Anxiety Inventory (SPAI) were used. **Results:** Both treatments were superior to WL in the LSAS-CA (CBT: $p = 0.0112$, $d = 0.61$, 95% CI 0.14–1.08; PDT: $p = 0.0261$, $d = 0.53$, 95% CI 0.06–1.00). At the end of treat-

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