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خلاصه مقاله:

Background and Aims: The efficacy of Dialectical Behavior therapy (DBT) for social anxiety disorder has not been investigated. The present study examined the efficacy of two evidence-based group treatments, DBT and Cognitive Behavior Therapy (CBT) for symptoms of social anxiety disorder in university students. Method: Participants (n = 30) were recruited, screened and randomly assigned to either a ten-week group CBT or a group DBT in October and November 2013. Self-report measures were collected before and after the intervention, as well as four months later. Data were collected using the Social Anxiety scale, Interactive Anxiety Inventory, Intolerance of Uncertainty Inventory, Negative Self Beliefs and the Self-esteem Scale. Social anxiety assessed with the Liebowitz Social Anxiety Scale - Self Report version (LSAS-SR) and Social Phobia Inventory (SPIN) were used as the primary outcome measures. Results: The DBT group evidenced medium to large effect sizes for all measures from pre- to post-intervention, while effect sizes for the CBT group were mostly small to medium. A significant difference with a large between-group effect size in favor of DBT was found (Cohen´s d = 1.13 for LSAS-SR and d = 1.25 for SPIN). No significant between group differences emerged on interactive anxiety, self-esteem and negative self-beliefs variables. But there were significant group differences of social anxiety and intolerance of uncertainty. Post-intervention follow-up assessments also revealed that 26.67% (n = 4) of the DBT treatment group and 20% (n = 3) of the CBT treatment group were completely recovered. Additionally, 40% (n = 6) of the DBT group and 53.33% (n = 8) of the CBT group retained some social anxiety symptoms indicating the superiority of DBT over CBT in a long-term impact on participants' functioning. While both interventions demonstrated efficacy, DBT appeared to be a more acceptable and efficacious as the DBT group demonstrated significantly lower attrition rates, higher attendance, and higher therapeutic alliance. Conclusions: Dialectical Behavior Therapy appears to be a promising treatment approach for social anxiety disorder

کلمات کلیدی:

dialectical behavior therapy, social anxiety disorder, intolerance of uncertainty, negative self-beliefs and self-esteem

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