

Development and Evaluation of the Effectiveness of an Online Cognitive Behavioral Intervention Program for Hong Kong People with Social Anxiety Disorder

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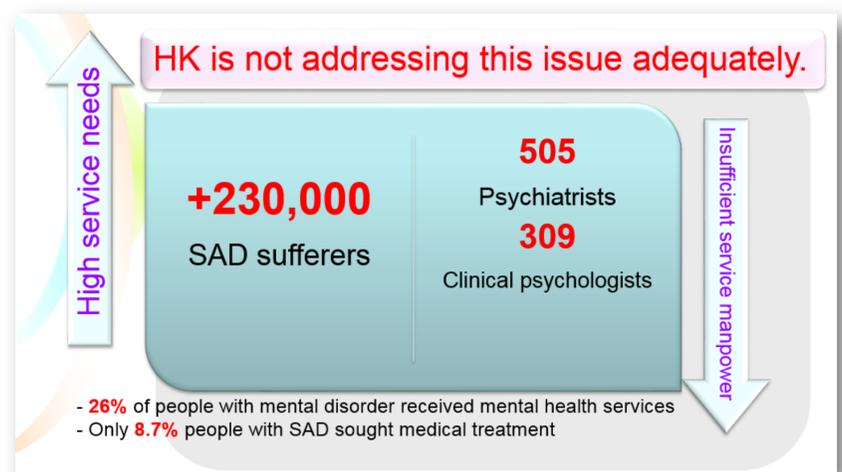
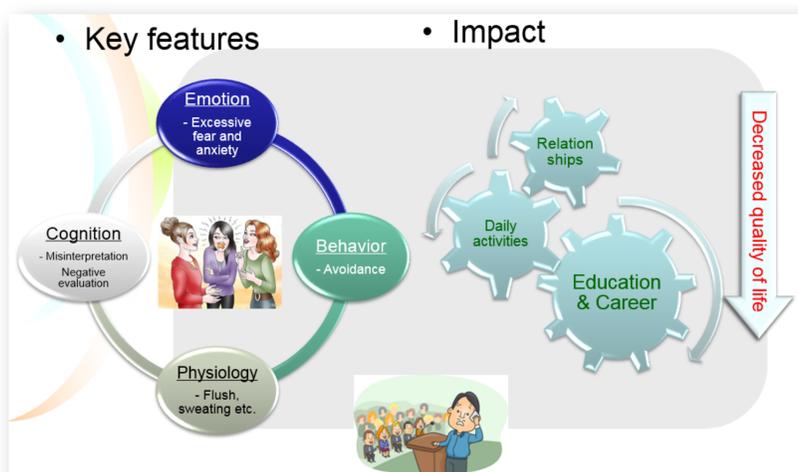
OBJECTIVES

1. To develop an online Cognitive Behavioral Therapy (CBT) program (including both an online platform and mobile application) for Hong Kong people with Social Anxiety Disorder
2. To evaluate the effectiveness of this online CBT program in reducing anxiety symptoms and psychological distress, and improving quality of life for Hong Kong people with Social Anxiety Disorder at post-treatment
3. To evaluate the maintenance effects of this online CBT program at 3- and 6-month follow-up tests
4. To test the predictive effects of sociodemographic factors (e.g. age, education, marital and economic status) in the treatment effects

HIGHLIGHTS

Cognitive behavioral therapy (CBT) as an effective treatment approach for Social Anxiety Disorder (SAD)

- Online counseling is developing fast in North America and North Europe, but it is underdeveloped in Hong Kong
- Blended mode of service, which will include the 9 online modules, two face-to-face sessions and two telephone follow-ups
- Virtual reality exposure will also be developed and implemented in one of the face-to-face sessions
- Reducing SAD symptoms, perceived centrality of anxious events, judgement biases and behavioral avoidance
- Improving relationship satisfaction and social functioning
- Long-term effects at 6-, 12- and 24-month follow-ups



Technology-assisted Cognitive Behavioral Therapy (CBT)

- Well-documented effectiveness
 - Similar treatment effects as traditional face-to-face intervention
 - Recovery rate of SAD
 - Internet-based CBT: 71%
 - Virtual reality exposure therapy (VRET): 54-68%
 - Mobile therapy: 15-55.6%

