Evidence Table E14. KQ1 outcomes—difference in differences—social anxiety

| **Improvement****In Scale** | **Author, year** | **Outcome** | **Arm** | **N1** | **Mean** | **SD** | **T2** | **P****Value** | **∆-∆** **Calc** | **∆ ∆ %** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Lower | Piet J, 20101 | Liebowitz Social Anxiety Scale (fear+avoidance) | MBCT | 14 | 59.29 | 19.78 | 8 wks |  |  |  |
| Lower | Piet J, 20101 | Liebowitz Social Anxiety Scale (fear+avoidance) | GCBT | 11 | 71.37 | 19.56 | 12 wks | Ns | 4.2 | 7.0 |
| Lower | Piet J, 20101 | Social Phobia Scale | MBCT | 14 | 35.21 | 13.22 | 8 wks |  |  |  |
| Lower | Piet J, 20101 | Social Phobia Scale | GCBT | 12 | 35.06 | 12.16 | 12 wks | Ns | 1.0 | 3.0 |
| Lower | Piet J, 20101 | Fear of Negative Evaluation-Brief Version | MBCT | 14 | 46.05 | 7.99 | 8 wks |  |  |  |
| Lower | Piet J, 20101 | Fear of Negative Evaluation-Brief Version | GCBT | 12 | 49.32 | 7.92 | 12 wks | Ns | −1.9 | −4.1 |
| Lower | Piet J, 20101 | Social Interaction Scale | MBCT | 14 | 44.52 | 13.87 | 8 wks |  |  |  |
| Lower | Piet J, 20101 | Social Interaction Scale | GCBT | 12 | 48.67 | 15.79 | 12 wks | Ns | 4.3 | 9.6 |
| Lower | Koszycki D, 20072 | Liebowitz Social Anxiety- Fear | MBSR | 26 | 40.80 | 7.90 | 8 wks |  |  |  |
| Lower | Koszycki D, 20072 | Liebowitz Social Anxiety- Fear | CBGT | 27 | 37.30 | 7.60 | 12 wks | Ns | 2.4 | 5.9 |
| Lower | Koszycki D, 20072 | Liebowitz Social Anxiety- Avoidance | MBSR | 26 | 39.10 | 8.90 | 8 wks |  |  |  |
| Lower | Koszycki D, 20072 | Liebowitz Social Anxiety- Avoidance | CBGT | 27 | 34.30 | 8.60 | 12 wks | Ns | 3.1 | 7.9 |
| Lower | Koszycki D, 20072 | Social Phobia Scale | MBSR | 26 | 34.00 | 14.00 | 8 wks |  |  |  |
| Lower | Koszycki D, 20072 | Social Phobia Scale | CBGT | 27 | 33.30 | 13.20 | 12 wks | Ns | 8.5 | 25.0 |
| Lower | Koszycki D, 20072 | Social Interaction Scale | MBSR | 26 | 44.60 | 10.60 | 8 wks |  |  |  |
| Lower | Koszycki D, 20072 | Social Interaction Scale | CBGT | 27 | 46.10 | 8.90 | 12 wks | Ns | 5.4 | 12.1 |

**Notes:** MBSR = Mindfulness-based Stress Reduction; GCBT = Group Cognitive Behavioural Therapy

References for Evidence Table E14

1 Piet J, Hougaard E, Hecksher MS, Rosenberg NK. A randomized pilot study of mindfulness-based cognitive therapy and group cognitive-behavioral therapy for young adults with social phobia. Scandinavian Journal of Psychology 2010; 51(5):403-10.

2 Koszycki D, Benger M, Shlik J, Bradwejn J. Randomized trial of a meditation-based stress reduction program and cognitive behavior therapy in generalized social anxiety disorder. Behav Res Ther 2007; 45(10):2518-26.