

The Effectiveness of BBAT as Add-on to CBT for Patients with Social Anxiety Disorder

Lene Nyboe

PT/PhD., Anxiety and Depression, Aarhus University Hospital, Denmark

Background: Anxiety disorders are among the most frequent psychiatric disorders presenting major human costs for the individual patient as well as extensive societal expenses, e.g. in frequent sickness leave and increased costs for sickness benefits, and general loss of earnings. Therefore, providing effective treatment for this group of patients is a continuous and highly relevant goal. The most commonly applied psychiatric treatments focus primarily on the psychological and behavioural symptoms of anxiety. However, including interventions focusing also on the bodily symptoms of anxiety might have the potential to improve the outcomes further.

Aim: To compare the effectiveness of Basic Body Awareness Therapy (BBAT) in combination with Cognitive Behavioural Therapy (CBT) to CBT alone in patients Social Anxiety Disorder (SAD). Secondary, to investigate the patients' experiences with BBAT as add-on to CBT.

Methods and Material: Patients with an ICD-10 diagnosis of SAD (F40.1) is the study population of interest. The study is a randomised, controlled trial to compare the effectiveness of BBAT as add-on to CBT with CBT ("treatment as usual"). The participants are randomised to: Group 1: 14 weekly, group sessions of CBT ("treatment as usual") or Group 2: 14 weekly, group sessions of CBT + 11 group sessions of BBAT. Primary outcomes are reduction in social anxiety symptoms (Liebowitz Social Anxiety Scale) and improvement in movement quality movement quality (Body Awareness Scale Movement Quality and Experience), including reduction of muscular tension and restricted breathing.

Results: The study's relevance, feasibility as well as the preliminary results will be presented.

Keywords: BBAT, Anxiety Disorders, Group Therapy

