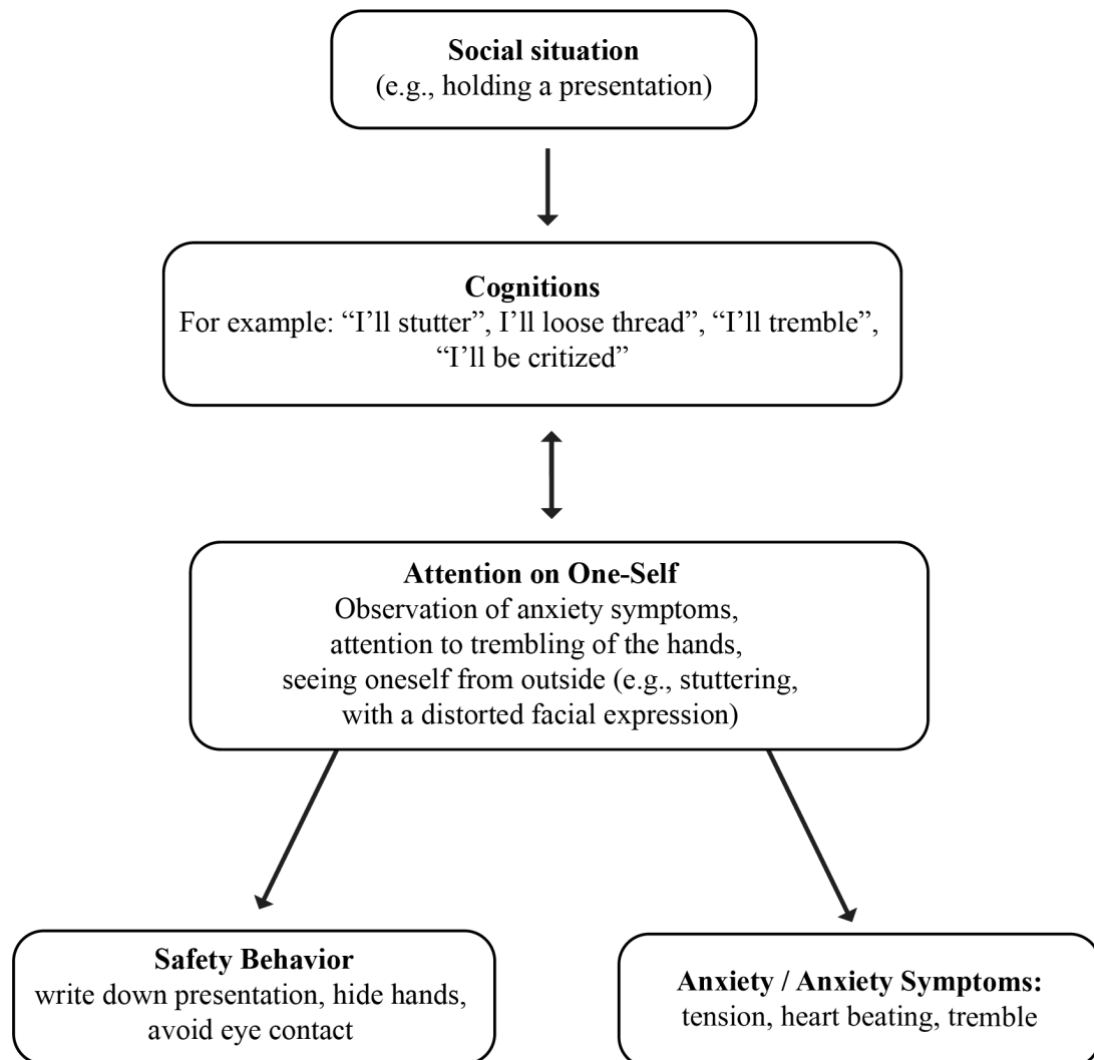


## Supplementary Material A

**Figure A1**

*The social anxiety disorder model from the Shyne program*



*Note.* This model was translated from German to English for this publication.

This model is based on the following two references:

Cognitive SAD model adapted from *A cognitive model of social phobia* by Clarke & Wells (1995) (p.72), in *Social Phobia: Diagnosis, Assessment, and Treatment* by Heimberg, Liebowitz, Hope, & Schneider (Eds.), Guilford Press.

Stangier, U., Heidenreich, T., & Peitz, M. (2003). *Soziale Phobien. Ein kognitiv-verhaltenstherapeutisches Behandlungsmanual [Social phobia. A cognitive-behavioral treatment manual]* (p.177). Weinheim: Beltz.

**Figure A2**

*The anxiety protocol from the Shyne program*

|  |   |  |
|--|---|--|
| <b>Angstauslösende Situationen und Themen</b>  | → | Anxiety triggering Situations and Themes   |
| <b>Anleitung Protokoll</b>   | → | Instruction protocol   |
| <b>Ziel des Protokolls</b>   | → | Goal of the protocol   |
| <b>1. Situation / Ereignis (bevorstehend, vergangen oder an welche/s Sie oft denken)</b>                       | → | 1. Situation / Event (upcoming, past or that you think about often)                    |
| <b>Typische Situationen</b>  | → | Typical situations   |
| <b>2. Gedanken / Sorgen (ehrliche Aussagen schreiben zu vergangener oder zukünftiger Situation / Ereignis)</b> | → | 2. Thoughts / Worries (write honest statements about past or future situations/events) |
| <b>Typische Gedanken</b>   | → | Typical thoughts   |
| <b>3. Wie stark war / ist Ihre Angst?</b>  | → | 3. How strong was/is your anxiety?   |
| <b>4. Körperliche Reaktionen (die aufgetreten sind oder typischerweise auftreten)</b>                          | → | 4. Physical reactions (which occurred or typically occur)                              |
| <b>Typische Körpersymptome</b>   | → | Typical physical symptoms  |
| <b>5. Sicherheitsverhalten (das Sie gezeigt haben oder typischerweise zeigen)</b>                              | → | 5. Safety behaviors (that you showed or typically show)                                |
| <b>Typische Sicherheitsverhaltensweisen</b>  | → | Typical safety behaviors   |
| <b>Speichern</b>   | → | Save   |
| <b>meine Einträge</b>  | → | My entries   |
| <b>zurück zur Sitzung</b>  | → | Back to the session  |

*Note.* Right to the protocol is the English translation of every line.

**Figure A3**

*The exposure protocol from the Shyne program*

|  |   |  |  |
|--|---|--|--|
| <b>Die Realität testen</b>   | → | Testing the Reality  |  |
| Anleitung Protokoll  | → | Instruction protocol   |  |
| Ziel des Protokolls  | → | Goal of the protocol   |  |
| 1. Situation / Ereignis  | → | 1. Situation / Event   |  |
| 2. Datum, an dem Sie die Realität getestet haben                                 | → | 2. Date that you have tested the reality on                                |  |
| 3. Erwartete Angst   | → | 3. Expected anxiety  |  |
| 4. Falls es Sicherheitsverhalten gab, welches wurde beobachtet?                  | → | 4. If there were any safety behaviors, which one did you observe?          |  |
| 5. Beobachtete Angst   | → | 5. Observed anxiety  |  |
| 6. Was möchten Sie das nächste Mal besser machen / Was haben Sie daraus gelernt? | → | 6. What do you want to do better next time / What did you learn from this? |  |
| 7. Was haben Sie gut gemacht, was ist Ihnen gelungen?                            | → | 7. What did you do well, what did you achieve?                             |  |
| 8. Kommentare  | → | Commentary   |  |
| Speichern  | → | Save   |  |
| meine Einträge   | → | My entries   |  |
| zurück zur Sitzung   | → | Back to the session  |  |

*Note.* Right to the protocol is the English translation of every line.

## Supplementary Material B

### R Code for evaluation of SF-12

```
#recode 4 variables (sf1, sf8, sf9, sf10,)  
sf12_subset$sf1 <- 6 - sf12_subset$sf1  
sf12_subset$sf8 <- 6 - sf12_subset$sf8  
sf12_subset$sf9 <- 7 - sf12_subset$sf9  
sf12_subset$sf10 <- 7 - sf12_subset$sf10  
  
#create indicator variables based on responses  
  
##sf1  
sf12_subset$sf1_1<-ifelse(sf12_subset$sf1 == 1, 1, 0)  
sf12_subset$sf1_2<-ifelse(sf12_subset$sf1 == 2, 1, 0)  
sf12_subset$sf1_3<-ifelse(sf12_subset$sf1 == 3, 1, 0)  
sf12_subset$sf1_4<-ifelse(sf12_subset$sf1 == 4, 1, 0)  
  
##sf2  
sf12_subset$sf2_1<-ifelse(sf12_subset$sf2 == 1, 1, 0)  
sf12_subset$sf2_2<-ifelse(sf12_subset$sf2 == 2, 1, 0)  
  
##sf3  
sf12_subset$sf3_1<-ifelse(sf12_subset$sf3 == 1, 1, 0)  
sf12_subset$sf3_2<-ifelse(sf12_subset$sf3 == 2, 1, 0)  
  
##sf4  
sf12_subset$sf4_1<-ifelse(sf12_subset$sf4 == 1, 1, 0)  
  
##sf5  
sf12_subset$sf5_1<-ifelse(sf12_subset$sf5 == 1, 1, 0)  
  
##sf6  
sf12_subset$sf6_1<-ifelse(sf12_subset$sf6 == 1, 1, 0)  
  
##sf7  
sf12_subset$sf7_1<-ifelse(sf12_subset$sf7 == 1, 1, 0)  
  
##sf8  
sf12_subset$sf8_1<-ifelse(sf12_subset$sf8 == 1, 1, 0)  
sf12_subset$sf8_2<-ifelse(sf12_subset$sf8 == 2, 1, 0)  
sf12_subset$sf8_3<-ifelse(sf12_subset$sf8 == 3, 1, 0)  
sf12_subset$sf8_4<-ifelse(sf12_subset$sf8 == 4, 1, 0)  
  
##sf9  
sf12_subset$sf9_1<-ifelse(sf12_subset$sf9 == 1, 1, 0)  
sf12_subset$sf9_2<-ifelse(sf12_subset$sf9 == 2, 1, 0)  
sf12_subset$sf9_3<-ifelse(sf12_subset$sf9 == 3, 1, 0)  
sf12_subset$sf9_4<-ifelse(sf12_subset$sf9 == 4, 1, 0)  
sf12_subset$sf9_5<-ifelse(sf12_subset$sf9 == 5, 1, 0)  
  
##sf10  
sf12_subset$sf10_1<-ifelse(sf12_subset$sf10 == 1, 1, 0)  
sf12_subset$sf10_2<-ifelse(sf12_subset$sf10 == 2, 1, 0)  
sf12_subset$sf10_3<-ifelse(sf12_subset$sf10 == 3, 1, 0)  
sf12_subset$sf10_4<-ifelse(sf12_subset$sf10 == 4, 1, 0)  
sf12_subset$sf10_5<-ifelse(sf12_subset$sf10 == 5, 1, 0)  
  
##sf11  
sf12_subset$sf11_1<-ifelse(sf12_subset$sf11 == 1, 1, 0)  
sf12_subset$sf11_2<-ifelse(sf12_subset$sf11 == 2, 1, 0)  
sf12_subset$sf11_3<-ifelse(sf12_subset$sf11 == 3, 1, 0)  
sf12_subset$sf11_4<-ifelse(sf12_subset$sf11 == 4, 1, 0)  
sf12_subset$sf11_5<-ifelse(sf12_subset$sf11 == 5, 1, 0)  
  
##sf12  
sf12_subset$sf12_1<-ifelse(sf12_subset$sf12 == 1, 1, 0)  
sf12_subset$sf12_2<-ifelse(sf12_subset$sf12 == 2, 1, 0)  
sf12_subset$sf12_3<-ifelse(sf12_subset$sf12 == 3, 1, 0)  
sf12_subset$sf12_4<-ifelse(sf12_subset$sf12 == 4, 1, 0)  
  
#weighting and aggregation of indicator variables using physical and mental regression weights  
sf12_physical <- (-8.37399*sf12_subset$sf1_1) + (-5.56461*sf12_subset$sf1_2) + (-3.02396*sf12_subset$sf1_3) + (-1.31872*sf12_subset$sf1_4) +  
  (-7.23216*sf12_subset$sf2_1) + (-3.45555*sf12_subset$sf2_2) +  
  (-6.24397*sf12_subset$sf3_1) + (-2.73557*sf12_subset$sf3_2) +  
  (-4.61617*sf12_subset$sf4_1) +  
  (-5.51747*sf12_subset$sf5_1) +  
  (3.04365*sf12_subset$sf6_1) +  
  (2.32091*sf12_subset$sf7_1) +  
  (-11.25544*sf12_subset$sf8_1) + (-8.38063*sf12_subset$sf8_2) + (-6.50522*sf12_subset$sf8_3) + (-3.80130*sf12_subset$sf8_4) +  
  (3.46638*sf12_subset$sf9_1) + (2.90426*sf12_subset$sf9_2) + (2.37241*sf12_subset$sf9_3) + (1.36689*sf12_subset$sf9_4) + (0.66514*sf12_subset$sf9_5) +  
  (-2.44706*sf12_subset$sf10_1) + (-2.02168*sf12_subset$sf10_2) + (-1.6185*sf12_subset$sf10_3) + (-1.14387*sf12_subset$sf10_4) + (-0.42251*sf12_subset$sf10_5) +  
  (4.61446*sf12_subset$sf11_1) + (3.41593*sf12_subset$sf11_2) + (2.34247*sf12_subset$sf11_3) + (1.28044*sf12_subset$sf11_4) + (0.41188*sf12_subset$sf11_5) +  
  (-0.33682*sf12_subset$sf12_1) + (-0.94342*sf12_subset$sf12_2) + (-0.18043*sf12_subset$sf12_3) + (0.11038*sf12_subset$sf12_4)  
  
sf12_mental <- (-1.71175*sf12_subset$sf1_1) + (-0.16891*sf12_subset$sf1_2) + (0.03482*sf12_subset$sf1_3) + (-0.06064*sf12_subset$sf1_4) +  
  (3.93115*sf12_subset$sf2_1) + (1.8684*sf12_subset$sf2_2) +  
  (2.68282*sf12_subset$sf3_1) + (1.43103*sf12_subset$sf3_2) +  
  (1.4406*sf12_subset$sf4_1) +  
  (1.66968*sf12_subset$sf5_1) +  
  (-6.82672*sf12_subset$sf6_1) +  
  (-5.69921*sf12_subset$sf7_1) +  
  (1.48619*sf12_subset$sf8_1) + (1.76691*sf12_subset$sf8_2) + (1.49384*sf12_subset$sf8_3) + (0.90384*sf12_subset$sf8_4) +  
  (-10.19085*sf12_subset$sf9_1) + (-7.92717*sf12_subset$sf9_2) + (-6.31121*sf12_subset$sf9_3) + (-4.09842*sf12_subset$sf9_4) + (-1.94949*sf12_subset$sf9_5) +  
  (-6.02409*sf12_subset$sf10_1) + (-4.88962*sf12_subset$sf10_2) + (-3.29805*sf12_subset$sf10_3) + (-1.65178*sf12_subset$sf10_4) + (-0.92057*sf12_subset$sf10_5) +  
  (-16.15395*sf12_subset$sf11_1) + (-10.77911*sf12_subset$sf11_2) + (-8.09914*sf12_subset$sf11_3) + (-4.59055*sf12_subset$sf11_4) + (-1.95934*sf12_subset$sf11_5) +  
  (-6.29724*sf12_subset$sf12_1) + (-8.26066*sf12_subset$sf12_2) + (-5.63286*sf12_subset$sf12_3) + (-3.13896*sf12_subset$sf12_4)  
  
#norm-based standardisation of scale scores  
sf12_physical <- round(sf12_physical + 56.57706, 2)  
sf12_mental <- round(sf12_mental + 60.75781, 2)
```

## Supplementary Material C

**Table C1**

*Observed means and standard deviations of primary outcomes*

| Main component         |     | Pre-treatment  |     | Mid-treatment   |     | Post-treatment  |     | Follow-up       |     |
|------------------------|-----|----------------|-----|-----------------|-----|-----------------|-----|-----------------|-----|
|                        |     | M(SD)          | n   | M(SD)           | n   | M(SD)           | n   | M(SD)           | n   |
| <b>SPS</b>             |     |                |     |                 |     |                 |     |                 |     |
| Psychoed               | yes | 36.66 (12.36)  | 231 | 26.81 (11.39)   | 174 | 20.40 (11.62)   | 149 | 19.60 (11.75)   | 116 |
|                        | no  | 36.71 (12.45)  | 233 | 29.35 (12.18)   | 176 | 25.96 (12.60)   | 155 | 22.18 (13.53)   | 87  |
| Cognition              | yes | 36.90 (12.32)  | 232 | 27.66 (12.08)   | 172 | 22.41 (12.36)   | 142 | 21.03 (13.01)   | 106 |
|                        | no  | 37.04 (12.49)  | 232 | 27.97 (11.49)   | 178 | 22.67 (11.87)   | 162 | 20.49 (12.09)   | 97  |
| Attention              | yes | 36.14 (12.58)  | 233 | 26.52 (11.33)   | 171 | 22.02 (11.76)   | 142 | 20.58 (12.72)   | 98  |
|                        | no  | 37.23 (12.23)  | 231 | 29.64 (12.24)   | 179 | 24.34 (12.47)   | 162 | 21.06 (12.43)   | 105 |
| Exposure               | yes | 36.23 (11.58)  | 232 | 26.53 (11.47)   | 169 | 21.14 (11.41)   | 140 | 20.04 (12.11)   | 105 |
|                        | no  | 37.14 (13.23)  | 232 | 29.63 (12.10)   | 181 | 25.22 (12.81)   | 164 | 21.67 (13.11)   | 98  |
| <b>SIAS</b>            |     |                |     |                 |     |                 |     |                 |     |
| Psychoed               | yes | 50.03 (10.93)  | 231 | 41.27 (12.39)   | 174 | 35.07 (12.69)   | 149 | 35.27 (12.85)   | 116 |
|                        | no  | 50.25 (11.53)  | 233 | 44.07 (12.11)   | 176 | 39.75 (13.32)   | 155 | 35.46 (13.88)   | 87  |
| Cognition              | yes | 49.90 (11.16)  | 232 | 41.80 (13.48)   | 172 | 36.94 (13.97)   | 142 | 35.48 (14.46)   | 106 |
|                        | no  | 50.38 (11.30)  | 232 | 43.54 (12.02)   | 178 | 37.88 (12.04)   | 162 | 35.22 (12.03)   | 97  |
| Attention              | yes | 50.34 (10.88)  | 233 | 41.75 (11.93)   | 171 | 36.37 (12.26)   | 142 | 34.66 (12.49)   | 98  |
|                        | no  | 49.93 (11.58)  | 231 | 43.59 (13.57)   | 179 | 38.45 (13.75)   | 162 | 36.16 (14.29)   | 105 |
| Exposure               | yes | 49.64 (10.65)  | 232 | 41.53 (12.46)   | 169 | 35.61 (12.78)   | 140 | 34.96 (13.38)   | 105 |
|                        | no  | 50.64 (11.59)  | 232 | 43.81 (13.25)   | 181 | 39.21 (13.77)   | 164 | 35.81 (13.25)   | 98  |
| <b>composite score</b> |     |                |     |                 |     |                 |     |                 |     |
| Psychoed               | yes | 0.52<br>(0.75) | 231 | -0.15<br>(0.78) | 174 | -0.60<br>(0.81) | 149 | -0.62<br>(0.83) | 116 |
|                        | no  | 0.53<br>(0.73) | 233 | 0.05<br>(0.83)  | 176 | -0.23<br>(0.86) | 155 | -0.52<br>(0.92) | 87  |
| Cognition              | yes | 0.53<br>(0.73) | 232 | -0.10<br>(0.84) | 172 | -0.46<br>(0.88) | 142 | -0.56<br>(0.93) | 106 |
|                        | no  | 0.53<br>(0.75) | 232 | 0.00<br>(0.77)  | 178 | -0.37<br>(0.79) | 162 | -0.59<br>(0.81) | 97  |
| Attention              | yes | 0.51<br>(0.74) | 233 | -0.14<br>(0.78) | 171 | -0.50<br>(0.81) | 142 | -0.61<br>(0.85) | 98  |
|                        | no  | 0.54<br>(0.74) | 231 | 0.04<br>(0.84)  | 179 | -0.34<br>(0.86) | 162 | -0.54<br>(0.90) | 105 |
| Exposure               | yes | 0.49<br>(0.72) | 232 | -0.14<br>(0.83) | 169 | -0.55<br>(0.81) | 140 | -0.62<br>(0.88) | 105 |
|                        | no  | 0.56<br>(0.77) | 232 | 0.05<br>(0.81)  | 181 | -0.28<br>(0.86) | 164 | -0.53<br>(0.86) | 98  |

*Note.* Psychoed = Psychoeducation; Cognition = Cognitive restructuring; Attention = Attention training.

**Table C2**

*Observed means and standard deviations of secondary outcomes*

| Main component  |     | Pre-treatment   |     | Mid-treatment    |     | Post-treatment   |     | Follow-up        |     |
|-----------------|-----|-----------------|-----|------------------|-----|------------------|-----|------------------|-----|
|                 |     | M (SD)          | n   | M (SD)           | n   | M (SD)           | n   | M (SD)           | n   |
| PHQ-9           |     |                 |     |                  |     |                  |     |                  |     |
| Psychoed        | yes | 9.80<br>(4.78)  | 231 | 7.02<br>(4.04)   | 174 | 5.70<br>(3.77)   | 149 | 5.88<br>(4.08)   | 116 |
|                 | no  | 10.28<br>(4.87) | 233 | 8.00<br>(4.33)   | 176 | 7.43<br>(4.61)   | 155 | 7.12<br>(4.75)   | 87  |
| Cognition       | yes | 10.19<br>(4.64) | 232 | 7.71<br>(4.07)   | 172 | 6.74<br>(4.37)   | 142 | 6.40<br>(4.41)   | 106 |
|                 | no  | 9.89<br>(5.01)  | 232 | 7.32<br>(4.31)   | 178 | 6.38<br>(4.02)   | 162 | 6.53<br>(4.37)   | 97  |
| Attention       | yes | 9.77<br>(4.88)  | 233 | 6.92<br>(3.99)   | 171 | 6.11<br>(3.88)   | 142 | 6.04<br>(4.28)   | 98  |
|                 | no  | 10.30<br>(4.77) | 231 | 8.11<br>(4.38)   | 179 | 7.01<br>(4.50)   | 162 | 6.94<br>(4.52)   | 105 |
| Exposure        | yes | 9.97<br>(4.74)  | 232 | 7.41<br>(4.23)   | 169 | 6.65<br>(4.54)   | 140 | 6.53<br>(4.73)   | 105 |
|                 | no  | 10.11<br>(4.91) | 232 | 7.84<br>(4.14)   | 181 | 6.47<br>(3.84)   | 164 | 6.38<br>(4.01)   | 98  |
| GAD-7           |     |                 |     |                  |     |                  |     |                  |     |
| Psychoed        | yes | 8.92<br>(4.06)  | 231 | 6.70<br>(3.47)   | 174 | 5.37<br>(3.63)   | 149 | 5.60<br>(3.50)   | 116 |
|                 | no  | 9.69<br>(4.41)  | 233 | 7.48<br>(4.19)   | 176 | 7.01<br>(4.18)   | 155 | 6.06<br>(4.30)   | 87  |
| Cognition       | yes | 9.52<br>(4.19)  | 232 | 7.21<br>(4.13)   | 172 | 6.35<br>(3.94)   | 142 | 6.12<br>(3.90)   | 106 |
|                 | no  | 9.09<br>(4.28)  | 232 | 6.98<br>(3.53)   | 178 | 6.03<br>(3.88)   | 162 | 5.46<br>(3.85)   | 97  |
| Attention       | yes | 9.42<br>(4.22)  | 233 | 6.68<br>(3.49)   | 171 | 6.07<br>(3.82)   | 142 | 5.38<br>(3.64)   | 98  |
|                 | no  | 9.19<br>(4.25)  | 231 | 7.51<br>(4.17)   | 179 | 6.31<br>(4.00)   | 162 | 6.31<br>(4.14)   | 105 |
| Exposure        | yes | 9.28<br>(4.10)  | 232 | 6.80<br>(3.69)   | 169 | 6.02<br>(3.76)   | 140 | 5.81<br>(3.93)   | 105 |
|                 | no  | 9.33<br>(4.38)  | 232 | 7.54<br>(4.13)   | 181 | 6.36<br>(4.06)   | 164 | 5.82<br>(3.81)   | 98  |
| SF-12, mental   |     |                 |     |                  |     |                  |     |                  |     |
| Psychoed        | yes | 34.41<br>(9.40) | 231 | 41.14<br>(9.40)  | 174 | 43.40<br>(10.26) | 149 | 43.84<br>(9.27)  | 116 |
|                 | no  | 33.35<br>(9.23) | 233 | 38.13<br>(10.03) | 176 | 40.02<br>(9.82)  | 155 | 42.15<br>(10.87) | 87  |
| Cognition       | yes | 33.78<br>(8.89) | 232 | 39.06<br>(9.82)  | 172 | 41.20<br>(10.28) | 142 | 43.34<br>(10.10) | 106 |
|                 | no  | 33.98<br>(9.74) | 232 | 40.21<br>(9.61)  | 178 | 42.22<br>(9.79)  | 162 | 42.72<br>(9.91)  | 97  |
| Attention       | yes | 34.07<br>(9.19) | 233 | 40.23<br>(9.59)  | 171 | 41.75<br>(9.73)  | 142 | 44.37<br>(8.97)  | 98  |
|                 | no  | 33.69<br>(9.44) | 231 | 39.04<br>(9.84)  | 179 | 41.67<br>(10.34) | 162 | 41.54<br>(11.21) | 105 |
| Exposure        | yes | 33.22<br>(9.14) | 232 | 40.27<br>(9.91)  | 169 | 41.71<br>(10.22) | 140 | 42.55<br>(10.63) | 105 |
|                 | no  | 34.54<br>(9.49) | 232 | 38.71<br>(9.57)  | 181 | 41.72<br>(9.85)  | 164 | 43.63<br>(9.30)  | 98  |
| SF-12, physical |     |                 |     |                  |     |                  |     |                  |     |
| Psychoed        | yes | 52.95<br>(71.4) | 231 | 53.42<br>(5.64)  | 174 | 52.63<br>(6.48)  | 149 | 53.34<br>(5.75)  | 116 |
|                 | no  | 52.36<br>(7.31) | 233 | 52.48<br>(7.24)  | 176 | 51.13<br>(7.48)  | 155 | 52.29<br>(7.11)  | 87  |
| Cognition       | yes | 52.98<br>(7.04) | 232 | 52.27<br>(6.44)  | 172 | 52.61<br>(7.16)  | 142 | 52.26<br>(7.83)  | 106 |
|                 | no  | 52.33<br>(7.14) | 232 | 52.63<br>(6.44)  | 178 | 52.14<br>(6.80)  | 162 | 53.61<br>(4.73)  | 97  |
| Attention       | yes | 52.26<br>(7.64) | 233 | 52.66<br>(6.44)  | 171 | 52.61<br>(7.68)  | 142 | 51.84<br>(6.93)  | 98  |
|                 | no  | 53.05<br>(6.80) | 231 | 52.24<br>(6.44)  | 179 | 52.59<br>(6.27)  | 162 | 54.10<br>(5.77)  | 105 |
| Exposure        | yes | 52.79<br>(7.10) | 232 | 52.42<br>(5.58)  | 169 | 52.25<br>(6.82)  | 140 | 52.56<br>(6.27)  | 105 |
|                 | no  | 52.52<br>(7.35) | 232 | 52.70<br>(7.15)  | 181 | 52.50<br>(7.13)  | 164 | 53.27<br>(6.52)  | 98  |

*Note.* Psychoed = Psychoeducation; Cognition = Cognitive restructuring; Attention = Attention training.

## Supplementary Material D

**Table D1**

*Primary outcome (CS) for each condition over all time points and Cohen's d for within-group and between-group effects*

| condition | component(s)         | Pre-treatment  |    | Mid-treatment   |    | Post-treatment  |    | within-group effect size<br>pre - post | between-group effect size WL<br>vs. [condition] post |
|-----------|----------------------|----------------|----|-----------------|----|-----------------|----|--|--|
|           |                      | M (SD)         | n  | M (SD)          | n  | M (SD)          | n  | cohen's d<br>(95% CI)                  | cohen's d<br>(95% CI)                                |
| 1         | WL                   | 0.5<br>(0.78)  | 29 | 0.47<br>(0.85)  | 28 | 0.51<br>(0.84)  | 29 | -0.01<br>(-0.53 - 0.50)                | -  |
| 2         | expo                 | 0.41<br>(0.86) | 29 | -0.1<br>(1)     | 20 | -0.49<br>(0.95) | 21 | 1.00<br>(0.41 - 1.60)                  | 1.13<br>(0.52 - 1.73)                                |
| 3         | att                  | 0.64<br>(0.77) | 29 | 0.15<br>(0.79)  | 22 | -0.06<br>(0.88) | 19 | 0.86<br>(0.26 - 1.46)                  | 0.67<br>(0.07 - 1.26)                                |
| 4         | att, expo            | 0.58<br>(0.63) | 29 | -0.12<br>(0.6)  | 21 | -0.59<br>(0.67) | 18 | 1.81<br>(1.12 - 2.51)                  | 1.41<br>(0.76 - 2.06)                                |
| 5         | cogn                 | 0.87<br>(0.76) | 29 | 0.31<br>(0.85)  | 22 | -0.16<br>(0.96) | 20 | 1.22<br>(0.60 - 1.84)                  | 0.75<br>(0.16 - 1.34)                                |
| 6         | cogn, expo           | 0.35<br>(0.62) | 29 | -0.12<br>(0.78) | 17 | -0.34<br>(0.82) | 11 | 1.02<br>(0.29 - 1.75)                  | 1.02<br>(0.29 - 1.75)                                |
| 7         | cogn, att            | 0.45<br>(0.65) | 29 | -0.13<br>(0.86) | 21 | -0.19<br>(0.81) | 18 | 0.90<br>(0.28 - 1.51)                  | 0.85<br>(0.23 - 1.46)                                |
| 8         | cogn, att, expo      | 0.47<br>(0.80) | 30 | -0.1<br>(0.90)  | 25 | -0.53<br>(0.92) | 19 | 0.90<br>(0.28 - 1.51)                  | 1.19<br>(0.57 - 1.81)                                |
| 9         | psychoed             | 0.58<br>(0.71) | 29 | 0.17<br>(0.78)  | 24 | -0.49<br>(0.70) | 24 | 1.52<br>(0.90 - 2.13)                  | 1.28<br>(0.69 - 1.88)                                |
| 10        | psychoed, expo       | 0.52<br>(0.63) | 29 | -0.24<br>(0.71) | 22 | -0.63<br>(0.66) | 17 | 1.79<br>(1.09 - 2.50)                  | 1.46<br>(0.79 - 2.13)                                |
| 11        | psychoed, att        | 0.48<br>(0.83) | 29 | -0.19<br>(0.69) | 21 | -0.58<br>(0.79) | 17 | 1.3<br>(0.65 - 1.95)                   | 1.33<br>(0.67 - 1.98)                                |
| 12        | psychoed, att, expo  | 0.51<br>(0.80) | 29 | -0.18<br>(0.75) | 20 | -0.64<br>(0.82) | 17 | 1.29<br>(0.65 - 1.92)                  | 1.38<br>(0.72 - 2.04)                                |
| 13        | psychoed, cogn       | 0.46<br>(0.84) | 29 | -0.07<br>(0.79) | 23 | -0.58<br>(0.97) | 19 | 1.42<br>(0.76 - 2.09)                  | 1.22<br>(0.59 - 1.85)                                |
| 14        | psychoed, cogn, expo | 0.63<br>(0.73) | 28 | -0.11<br>(0.94) | 23 | -0.51<br>(0.96) | 21 | 1.36<br>(0.74 - 1.99)                  | 1.14<br>(0.54 - 1.75)                                |
| 15        | psychoed, cogn, att  | 0.51<br>(0.79) | 29 | -0.34<br>(0.90) | 20 | -0.67<br>(0.94) | 18 | 1.39<br>(0.74 - 2.04)                  | 1.34<br>(0.70 - 1.99)                                |
| 16        | FV                   | 0.47<br>(0.65) | 29 | -0.21<br>(0.71) | 21 | -0.7<br>(0.64)  | 16 | 1.81<br>(1.09 - 2.53)                  | 1.56<br>(0.87 - 2.25)                                |

*Note.* psychoed = Psychoeducation; cogn = Cognitive restructuring; att = Attention training; expo = exposure; FV = full version; CS = Composite score of SPS and SIAS.

## Supplementary Material E

**Table E1**

*Secondary outcomes, fixed effects omnibus tests*

| Main component         |     | F      | df | df (res) | p      |
|------------------------|-----|--------|----|----------|--------|
| <b>PHQ-9</b>           |     |        |    |          |        |
| Psychoed               | yes | 74.61  | 2  | 339.94   | < .001 |
|                        | no  | 41.68  | 2  | 346.95   | < .001 |
| Cognition              | yes | 53.01  | 2  | 332.91   | < .001 |
|                        | no  | 149.5  | 2  | 927.56   | < .001 |
| Attention              | yes | 150.44 | 2  | 874.58   | < .001 |
|                        | no  | 52.42  | 2  | 358.16   | < .001 |
| Exposure               | yes | 58.88  | 2  | 332.79   | < .001 |
|                        | no  | 55.51  | 2  | 353.8    | < .001 |
| <b>GAD-7</b>           |     |        |    |          |        |
| Psychoed               | yes | 69.11  | 2  | 340.73   | < .001 |
|                        | no  | 43.86  | 2  | 348.21   | < .001 |
| Cognition              | yes | 55.97  | 2  | 330.48   | < .001 |
|                        | no  | 131.49 | 2  | 932.18   | < .001 |
| Attention              | yes | 165.4  | 2  | 875.56   | < .001 |
|                        | no  | 46.33  | 2  | 360.45   | < .001 |
| Exposure               | yes | 68.52  | 2  | 330.28   | < .001 |
|                        | no  | 44.42  | 2  | 359.3    | < .001 |
| <b>SF-12, mental</b>   |     |        |    |          |        |
| Psychoed               | yes | 72.62  | 2  | 348.64   | < .001 |
|                        | no  | 43.13  | 2  | 353.55   | < .001 |
| Cognition              | yes | 51.21  | 2  | 338.99   | < .001 |
|                        | no  | 151.89 | 2  | 934.84   | < .001 |
| Attention              | yes | 137.22 | 2  | 882.98   | < .001 |
|                        | no  | 56.95  | 2  | 364.09   | < .001 |
| Exposure               | yes | 74.79  | 2  | 341.09   | < .001 |
|                        | no  | 45.15  | 2  | 362.29   | < .001 |
| <b>SF-12, physical</b> |     |        |    |          |        |
| Psychoed               | yes | 0.73   | 2  | 341.17   | 0.484  |
|                        | no  | 0.36   | 2  | 349.34   | 0.698  |
| Cognition              | yes | 0.59   | 2  | 341.93   | 0.556  |
|                        | no  | 0.92   | 2  | 926.91   | 0.4    |
| Attention              | yes | 0.57   | 2  | 876.5    | 0.565  |
|                        | no  | 0.96   | 2  | 364.92   | 0.382  |
| Exposure               | yes | 0.61   | 2  | 328.37   | 0.546  |
|                        | no  | 0.4    | 2  | 363.11   | 0.668  |

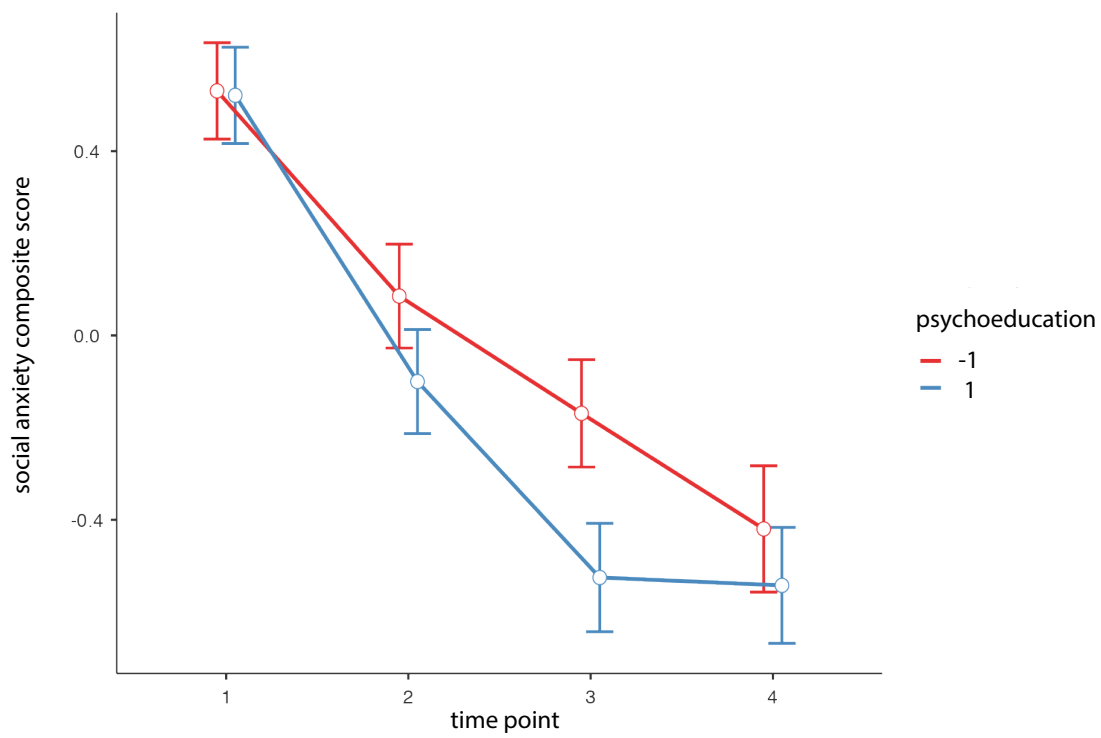


*Note.* Psychoed = Psychoeducation; Cognition = Cognitive restructuring; Attention = Attention training. PHQ-9 = Patient Health Questionnaire; GAD-7 = Generalized Anxiety Disorder Scale; SF-12 = Short Form Health Questionnaire.

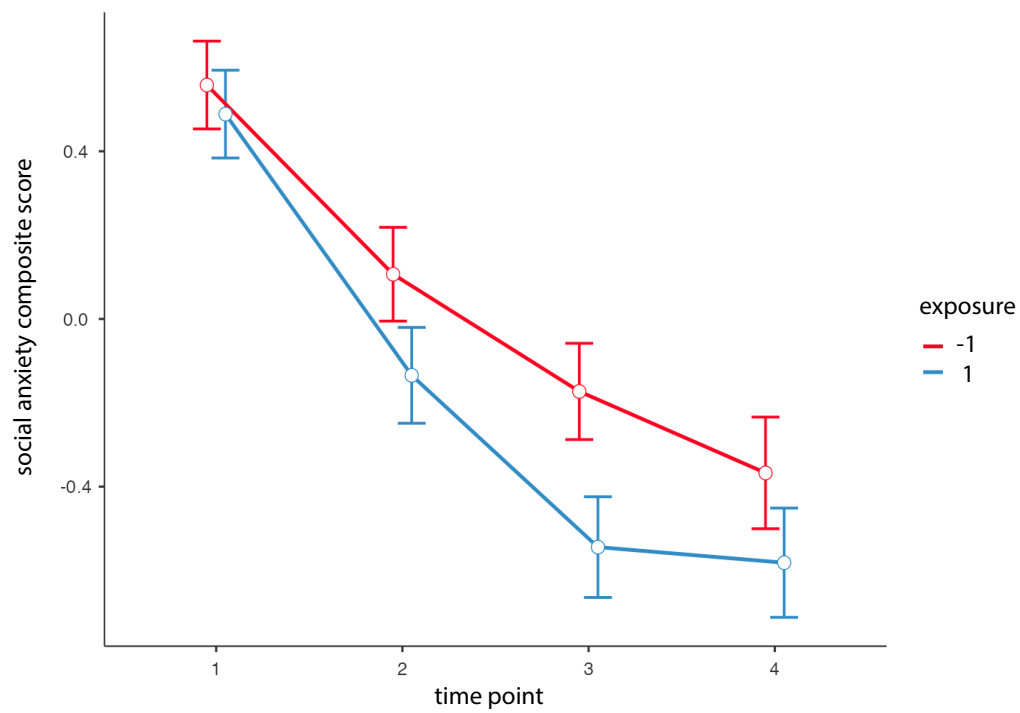
**Figure F1**

*Psychoeducation (a) and exposure (b) over time for the primary outcome (social anxiety composite score)*

a.) Psychoeducation



b.) Exposure



*Note.* 1 = pre; 2 = mid; 3 = post; 4 = follow-up.