

A self-help treatment via the Internet for fear of public speaking: a single case study

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In this work is presented a clinical example of the use of an Internet-based self-applied intervention for fear of public speaking in a single case study with social phobia. The patient is a 21-year-old woman who met DSM-IV-TR diagnostic criteria for generalized social phobia (APA, 2000). The assessment protocol and procedure, and the cognitive-behavioral treatment program are described. The measures were classified into: target behaviors, social phobia measures, behavioral avoidance test, anxiety and depression, and global functioning. The patient's expectations and satisfaction with regard to the Internet-Based self-applied treatment were also assessed. The results showed an important reduction in all relevant clinical measures after the treatment. Besides, the patient reported a good acceptance and confidence in the program. Three, six, and twelve-month follow-up assessments were conducted and the therapeutic gains were maintained at long-term.