

**Clinical significance of behavioral and cognitive behavioral treatment outcome in social phobia (pp. 643-678)**

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Clinical significance is essential to evaluate the efficacy of a psychological intervention, but only 48% of studies about treatment of social phobia provide data on the matter. In addition, the improvement and recovery criteria used are heterogeneous and in many articles important information is omitted, which makes it difficult to draw conclusions. Anyway, the review we have carried out offers some tentative results. 64% of the patients treated with behavioral therapy, and 55% of the patients treated with cognitive-behavioral therapy improved moderately or markedly, and both therapies functioned significantly better than placebo. Furthermore, 59% and 35% of the patients receiving behavioral and cognitive-behavioral therapy respectively recovered moderately or highly. The behavioral proved significantly better than the cognitive-behavioral therapy. In both cases results were less positive if one considers all patients that began treatment. It is necessary to reach a consensus on improvement and recovery criteria to validate them, and to require that studies systematically provide data regarding clinical significance.