Table 1: Table 1

LSAS Scores by Treatment Group and Time Point

|  | **Therapist-guided** | | | **Self-guided** | | | **Waitlist** | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time Point | M | SD | N | M | SD | N | M | SD | N |
| Baseline | 84.22 | 16.95 | 60 | 83.08 | 12.97 | 61 | 86.98 | 18.99 | 60 |
| Week 1 | 78.27 | 19.17 | 59 | 78.45 | 14.41 | 55 | 83.47 | 19.63 | 58 |
| Week 2 | 77.53 | 20.79 | 51 | 78.37 | 16.92 | 52 | 81.95 | 22.48 | 55 |
| Week 3 | 75.67 | 21.10 | 48 | 77.28 | 18.22 | 43 | 80.27 | 21.29 | 51 |
| Week 4 | 71.98 | 19.13 | 49 | 71.24 | 17.59 | 41 | 82.35 | 24.01 | 52 |
| Week 5 | 68.91 | 23.62 | 45 | 69.58 | 20.87 | 33 | 81.02 | 21.33 | 46 |
| Week 6 | 61.87 | 20.90 | 47 | 67.81 | 19.88 | 36 | 80.04 | 25.35 | 49 |
| Week 7 | 61.75 | 23.94 | 48 | 69.52 | 21.46 | 31 | 77.98 | 26.96 | 44 |
| Week 8 | 57.47 | 21.82 | 43 | 67.13 | 21.87 | 30 | 77.87 | 25.72 | 46 |
| Post-treatment | 57.35 | 23.19 | 54 | 64.91 | 21.08 | 57 | 78.45 | 25.44 | 58 |
| 6-month follow-up | 56.42 | 25.81 | 53 | 57.71 | 21.98 | 51 | — | — | 0 |
| 12-month follow-up | 55.71 | 26.18 | 52 | 54.24 | 25.15 | 49 | — | — | 0 |
| Note. LSAS = Liebowitz Social Anxiety Scale; M = Mean; SD = Standard Deviation; N = Sample Size. | | | | | | | | | |