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Ease Anxiety in Social
Event Online Project

Kick-off
Ceremony

11 JULY 2019
Thu
14:30-17:00

AAB1312, Academic and
Administration Building,
Hong Kong Baptist University

cum

Public Seminar on Online Cognitive Behavioral Therapy for Social Anxiety Disorder

Internet interventions hold specific advantages and disadvantages in the treatment of social anxiety disorder. The present talk examines different approaches in the internet-based treatment of social anxiety disorder and reviews their efficacy and effectiveness. In addition, a smartphone app will be presented that can be used alongside face-to-face treatment to facilitate and increase the frequency of behavioral experiments between sessions. Finally, a virtual reality application – targeting fear of public speaking – will be showcased which also can be used in conjunction with face-to-face therapy. In general, the outcome of these trials shows substantial reductions of social anxiety symptoms. Within effect sizes were mostly large and comparisons to waitlist and more active control groups were positive. Treatment gains were stable from 3 months to 5 years after treatment termination. In conclusion, ICBT is effective in the reduction of social anxiety symptoms. The concept of ‘stepped care’ is discussed and compared against face-to-face cognitive behavior therapy.

Speaker



Prof. Per Carlbring
Professor of Clinical Psychology
Department of Psychology, Stockholm University, Sweden

Professor Per Carlbring is a licensed psychologist and psychotherapist as well as a specialist in clinical psychology. He is the Head of the Clinical Division at the Department of Psychology and the leader of the clinical psychology research group at Stockholm University. His main research focus is effectiveness and efficacy of Internet interventions for depression, social anxiety disorder and gambling. Moreover, he is developing and investigating the effects of virtual reality to treat phobias as well as fear of public speaking. Professor Carlbring has published over 250 peer-reviewed papers in international journals and serves as the editor-in-chief of Cognitive Behaviour Therapy.



Dr. Jiayan Pan
Associate Professor
Principal Investigator, EASE Online Project
Department of Social Work, Hong Kong Baptist University

Trained in both psychology and social work, Dr. Jiayan Pan's research interests centre on migration and mental health, resilience in acculturation, post-migration growth, cognitive behavioral therapy, Chinese international students, scale development and validation, and program evaluation. She has been recently awarded three grants to develop online cognitive behavioral intervention programs for Hong Kong people with different mental health disorders. The EASE Online Project is one of the funded project. Dr. Pan has published over 30 journal papers and secured more than HK\$13M grants as a principal investigator.

Introduction of the EASE Online Project

The EASE Online Project is a 4-year project funded by Research Impact Fund in Research Grants Council in 2019. Led by the Principal Investigator Dr. Jiayan Pan, this project will collaborate with Department of Computer Science in Hong Kong Baptist University and Stockholm University in Sweden to develop a culturally and linguistically appropriate online intervention program for Hong Kong people with social anxiety disorder to reduce their anxiety symptoms and improve their quality of life. This project will deliver service in blended mode of online and face-to-face counseling to 600 Hong Kong people with social anxiety disorder and evaluate its effectiveness.



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All are welcome

