Paroxetine was effective for reducing symptoms in social phobia


**Question**

In patients with social phobia, is paroxetine effective for reducing symptoms?

**Design**

Randomized [allocation concealed]†, blinded [clinicians, patients, outcome assessors, and statisticians]‡, placebo-controlled trial with 12-week follow-up.

**Setting**

39 centers in Belgium, France, Germany, Ireland, South Africa, Spain, and the United Kingdom.

**Patients**

290 patients who were ≥ 18 years of age (mean age 36 y; 54% women) and had a primary diagnosis of social phobia according to the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, criteria. Exclusion criteria included any other recent Axis I disorder, serious medical disorders, or recent use of psychotropic drugs or psychotherapy. 73% of patients completed the study, and 97% were analyzed.

**Intervention**

Patients were allocated to paroxetine, 20 mg/d initially and increased by 10 mg/d as needed to a maximum of 50 mg/d (mean dose 34.7 mg/d) (n = 139), or to placebo (n = 151) for 12 weeks.

**Main Outcome Measures**

Mean change in scores on the Liebowitz Social Anxiety Scale (LSAS, maximum score 144 points) and the proportion of responders on the Clinical Global Impression (CGI) scale (maximum score 7 points). Secondary outcomes included the score on the Social Avoidance and Distress Scale (maximum score 28 points).

**Main Results**

More patients in the paroxetine group than in the placebo group were treatment responders (P < 0.001) (Table). Paroxetine led to greater improvement from baseline than did placebo in scores on the LSAS (difference in mean change from baseline 13.8, 95% CI 6.1 to 21.5)‡, the Social Avoidance and Distress Scale (difference in mean change from baseline 5.3, 95% CI 1.4 to 9.3)§, and the CGI (difference in mean change from baseline 3.3, 1.4 to 5.3)‡, and the CGI (difference in mean change from baseline 0.7, CI 0.4 to 1.0)‡.

**Conclusion**

In patients with social phobia, paroxetine was effective for reducing symptoms.

**Commentary**

Social phobia is a situationally linked, intense, irrational, persistent fear of being scrutinized or negatively evaluated by others (1) and is associated with fear of humiliation or embarrassment (2). Thus, socially demanding situations become disabling. Patients are cognitively aware of the irrationality of their fear. Prevalence rates are about 13% for lifetime (3) and 7% at 1 year (1–3). The presence of social phobia increases the risk for mental, drug, and alcohol comorbid illnesses (1). If the condition remains untreated, it can become chronic and unremitting, leading to education and employment difficulties (1, 4).

Cognitive behavior therapy with or without antidepressants is the most effective treatment (1). However, properly administered therapy is not available, affordable, or obtainable for most persons with social phobia. Current drug options are selective serotonin reuptake inhibitors (SSRIs), monoamine oxidase inhibitors, and benzodiazepines. Little evidence exists for the effectiveness of tricyclic antidepressants (1).

The study by Baldwin and colleagues and the current deluge of cognitive behavior and diagnosing this underrecognized, debilitating illness because of the tremendous implications for quality of life.

**References**


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