

Pharmacological treatment versus cognitive behavioural therapy in social phobia : A comparative study between moclobemide, paroxetine and cognitive behavioural thera

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Sixty-four patients with generalized social phobia were randomly assigned to Moclobemide, Paroxetine and cognitive behavior therapy groups for twelve weeks. The pattern of response was assessed. Response rate was 47.8, 50 and 23.4% for Moclobemide, Paroxetine and cognitive behavior therapy groups, respectively. Moclobemide was superior in reducing the somatic symptoms and interpersonal sensitivity. Paroxetine was superior in reducing global anxiety symptoms and obsessive compulsive symptoms. Both groups were superior to cognitive behavior therapy in reducing avoidance behavior. Cognitive behavior therapy was superior to Paroxetine in reducing interpersonal sensitivity.