

Abstract

The current study was an effort to test the effectiveness of Rational Emotive Behavior Therapy on the features of social phobia among the university students. A sample of 15 referred clients with the presenting features of social anxiety was selected with Social Phobia Inventory (SPIN). Clients were randomly assigned to three groups (5 clients in each group), therefore, three groups were formed; Rational Emotive Behavior Therapy group, Eclectic and control group. Treatment consisted of up to 8 sessions of exposure to respective therapeutic interventions, each session lasting 1 hour. Post-test was applied where significant improvements in the Rational Emotive Behavior Therapy group were seen through the used instrument. Improvements in the eclectic interventions group were also found on the scale. No change or increase in the intensity of social anxiety symptoms was evident from the control group ratings of scale. This study provides evidence that Rational Emotive Behavior Therapy can effectively alleviate the features of social anxiety and is more beneficial as compared to eclectic interventions and no treatment condition.

Key words: Social anxiety; rational emotive behavior therapy; eclectic interventions