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Braver together: an exploration into the effectiveness of blended group cognitive behavior therapy as early intervention for socially anxious adolescents

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Propositions

Accompanying the public defense of Sara Velthuisen's dissertation

Braver Together

*An Exploration into the Effectiveness of Blended Group Cognitive Behavior Therapy
as Early Intervention for Socially Anxious Adolescents*

1. Studies investigating the effectiveness of blended care should distinguish between different mHealth types: supplemental mHealth that aims to be more effective than treatment as usual, and replacement mHealth that aims to be similarly effective to treatment as usual. (*Chapter 2*)
2. Adolescents with social anxiety disorder respond well to disorder-specific group cognitive behavior therapy. (*Chapter 3*)
3. Adolescents may regard supplemental blended components as “homework” thereby limiting their motivation to use this method. (*Chapter 3*)
4. Research into adolescent social anxiety disorder should include objective behavior-based measures to capture more global improvement. (*Chapter 4*)
5. Treatment for social anxiety disorder may lead to benefits beyond those captured in diagnostic interviews, including audience perception during a public speaking task. (*Chapter 5*)
6. It is crucial to intervene early following the onset of social anxiety disorder to prevent further impairment.
7. While parents can be an excellent source of information, they may need more time to notice changes in adolescents' social anxiety symptoms.
8. The combination of in-school recruitment and in-clinic treatment is a promising route to take to target adolescent social anxiety disorder.
9. School boards and municipalities should allocate more effort to prevention and early intervention strategies for child and adolescent mental health.
10. Social anxiety can be helpful when it prevents us from making social blunders but it should not take over and hold us back in social situations.
11. Working to overcome social anxiety can be scary but if we do it together, we can be braver.