

## Data supplement

**Table DS1** Descriptive statistics and effect sizes for secondary outcome measures

Group/measure	Trial	Pre-treatment		Post-treatment		1-year follow-up		Effect size ( <i>d</i> )	
		Mean	s.d.	Mean	s.d.	Mean	s.d.	Pre- to post-treatment	Pre-treatment to follow-up
ICBT ( <i>n</i> = 40)	1								
BAI		16.10	7.36	10.18	6.28	9.10	9.64	0.87	0.82
MADRS-S		14.88	7.78	10.78	6.55	10.15	7.34	0.57	0.63
QoLI		0.78	1.94	1.30	1.98	1.63	1.64	0.27	0.47
Bib ( <i>n</i> = 40)	1								
BAI		14.85	8.73	10.50	7.51	9.08	7.97	0.53	0.69
MADRS		14.23	7.55	9.48	6.73	9.62	6.05	0.66	0.67
QoLI		0.93	1.58	1.44	1.66	1.72	1.40	0.31	0.53
WLC ( <i>n</i> = 40)	1								
BAI		16.15	9.55	15.32	9.27	11.00	7.24	0.09	0.61
MADRS-S		15.72	9.28	16.08	10.13	11.48	8.60	0.04	0.47
QoLI		0.60	1.90	0.44	1.64	1.14	1.88	0.09	0.29
ICBT ( <i>n</i> = 29)	2								
BAI		18.28	8.98	10.90	7.86	11.14	9.78	0.87	0.76
MADRS		16.21	8.00	11.17	7.97	11.66	6.98	0.63	0.61
QoLI		-0.09	1.82	1.12	1.90	0.97	1.83	0.65	0.58
Bib ( <i>n</i> = 29)	2								
BAI		14.31	7.83	9.59	8.06	9.59	6.09	0.59	0.67
MADRS-S		13.10	5.82	8.86	6.59	9.07	6.47	0.68	0.65
QoLI		1.13	1.54	1.56	1.81	1.70	1.96	0.26	0.32
BibDG ( <i>n</i> = 28)	2								
BAI		16.71	8.48	10.68	6.96	9.54	6.61	0.77	0.94
MADRS-S		13.46	7.14	9.71	7.17	9.25	6.87	0.51	0.59
QoLI		0.46	1.91	1.29	1.67	1.36	1.86	0.46	0.48
IAR ( <i>n</i> = 29)	2								
BAI		17.31	8.71	11.66	7.79	11.72	8.43	0.68	0.65
MADRS-S		14.41	7.59	10.72	8.48	9.31	8.07	0.46	0.65
QoLI		0.68	1.57	1.55	1.72	1.45	1.74	0.53	0.46

BAI, Beck Anxiety Scale; Bib, pure bibliotherapy; BibDG, bibliotherapy with access to an online discussion group; IAR, internet-delivered applied relaxation; ICBT, internet-delivered cognitive-behavioural therapy; MADRS-S, Montgomery & Åsberg Depression Rating Scale, self-rated version; QoLI, Quality of Life Inventory; WLC, waiting-list control group treated after 9 weeks (post-treatment).

**Table DS2** Number (%) of clinically significant improved participants on social anxiety measures after 9 weeks of treatment (post) and at 1-year follow-up

Group	Trial	SPS		SIAS		SPSQ		LSAS-SR		At least 1 measure	
		Post	1-year	Post	1-year	Post	1-year	Post	1-year	Post	1-year
ICBT	1	17 (42.5)	26 (65.0)	9 (22.5)	17 (42.5)	25 (62.5)	27 (67.5)	13 (32.5)	21 (52.5)	28 (70.0)	30 (75.0)
Bib	1	17 (42.5)	22 (55.0)	12 (30.0)	18 (45.0)	21 (52.5)	26 (65.0)	17 (42.5)	19 (47.5)	25 (62.5)	27 (67.5)
WLC	1	5 (12.5)	19 (47.5)	5 (12.5)	16 (40.0)	6 (15.0)	20 (50.0)	2 (5.0)	15 (37.5)	9 (22.5)	25 (62.5)
ICBT	2	16 (55.2)	20 (70.0)	10 (34.4)	14 (48.3)	22 (75.9)	20 (69.0)	12 (41.4)	12 (41.4)	24 (82.8)	23 (79.3)
Bib	2	15 (51.7)	12 (41.4)	12 (41.4)	14 (48.3)	21 (72.4)	21 (72.4)	16 (55.1)	17 (58.6)	24 (82.8)	21 (72.4)
BibDG	2	11 (40.0)	13 (46.4)	7 (25.0)	8 (28.6)	14 (50.0)	16 (57.1)	11 (39.3)	11 (39.3)	17 (60.7)	20 (71.4)
IAR	2	11 (37.9)	11 (37.9)	9 (31.0)	12 (41.4)	16 (55.1)	14 (48.3)	10 (34.5)	10 (34.5)	18 (62.1)	17 (58.6)

Bib, pure bibliotherapy; BibDG, bibliotherapy with access to an online discussion group; IAR, internet-delivered applied relaxation; ICBT, internet-delivered cognitive-behavioural therapy; LSAS-SR, Liebowitz Social Anxiety Scale self-report version; SIAS, Social Interaction Anxiety Scale; SPS, Social Phobia Scale; SPSQ, Social Phobia Screening Questionnaire; WLC, waiting-list control group treated after 9 weeks (post-treatment).

**Table DS3** Number (%) of completed modules across treatment groups

	ICBT <i>n</i> =40	ICBT <i>n</i> =29	Bib <sup>a</sup> <i>n</i> =29	BibDG <i>n</i> =28	IAR <i>n</i> =29
Trial	1	2	2	2	2
Completed modules, <i>n</i> (%)					
All 9 completed	25 (62.5)	12 (41.4)	3 (10.3)	10 (35.7)	10 (34.5)
≥8 completed	28 (70.0)	15 (51.2)	8 (27.6)	12 (42.9)	17 (58.6)
≥7 completed	29 (72.5)	16 (55.2)	14 (48.3)	17 (60.7)	19 (67.9)
≥6 completed	31 (77.5)	18 (62.1)	18 (62.1)	19 (67.9)	21 (72.4)
≥5 completed	32 (80.0)	20 (69.0)	21 (72.4)	21 (75.0)	21 (72.4)
≥4 completed	34 (85.0)	21 (72.4)	23 (79.3)	23 (82.1)	24 (82.8)
≥3 completed	37 (92.5)	27 (93.1)	26 (89.7)	25 (89.3)	27 (93.1)
≥2 completed	38 (95.0)	28 (96.6)	28 (96.6)	25 (89.3)	28 (96.6)
≥1 completed	40 (100.0)	29 (100.0)	29 (100.0)	28 (100.0)	29 (100.0)

Bib, pure bibliotherapy; BibDG, bibliotherapy with access to an online discussion group; IAR, internet-delivered applied relaxation; ICBT, internet-delivered cognitive-behavioural therapy.  
a. Data not available for Bib and waiting-list controls in trial 1.