

Table 1) Protocol of focus on task treatment

First Session:

Explaining the rationale of treatment and preparing the patient for treatment protocol.

Second Session:

Listening exercise whereby the therapist begins to tell the stories that are gradually complicated. After finishing it, the patients should summarize it and focus on the task. As a homework, the patient should do exercises on focusing on the tasks at home and in the typical situations such as forests and parks.

Third Session:

The homework, problems and the way of solving them are discussed. The patients in cooperation with the therapist make a list of situations in which they are anxious.

Fourth Session;

The situations mentioned in the list are being practiced from the one which makes the least anxiety. As the therapist read the situation for the patient, the patient starts visualizing the situation and focusing on that without considering his/her own and others' state. All the mentioned situations in the list (10 situations) are practiced. As homework, the patient is required to do all the situations in the normal position.

Fifth Session:

Again, the premise of the treatment and its adoption are discussed. The therapist make the patient ready to apply this technique in normal life conditions in confronting with the probable problems and solving them. Finally, an interval time is set to re-evaluate the symptoms and the consistency of the effect of treatment protocol.

Table 2) Comparison of mean scores of the social anxiety and the its subscales in the two control and experimental groups in pretest and posttest stages and the difference between them

Variables	Experimental Group (n=10)	Control Group (n=10)	Significance Level
Social Anxiety			
Pretest	31.60±6.78	29.84±6.19	0.552
Posttest	17.10±6.60	26.20±8.31	0.014
Pretest-Posttest	14.50±7.87	3.64±5.08	0.002
Avoidance			
Pretest	13.40±2.50	13.40±3.47	1.0
Posttest	7.60±3.27	11.90±4.20	0.020
Pretest-Posttest	5.80±2.89	1.50±2.27	0.002
Fear			
Pretest	11.20±3.45	8.14±3.70	0.072
Posttest	6.40±3.16	7.40±3.09	0.485
Pretest-Posttest	4.80±3.76	0.742±2.28	0.009
Physiological Discomfort			
Pretest	7.00±3.93	8.30±2.75	0.405
Posttest	3.10±1.52	6.90±3.84	0.009
Pretest-Posttest	3.90±3.33	1.40±1.64	0.047