

Online suppl table 1. Contents of CBTI and CBTG, with session specific focus.

	Contents of CBTG and CBTI	
Session	CBTG	CBTI
General	The first part of the manual (session 1-4) focused on establishing group rules, building good relationships, along with psycho-education, challenging negative thinking and solving problems using the FEAR model from the C.A.T. project manual. In the second part (sessions 5-10) of the manual social skills training and behavioural exposures were targeted. Core social skills training, as practising to meet new people and giving and receiving compliments, were derived from the SET-C manual.	The manual was divided into three phases. In the first phase (Session 1-3), the goal was to teach the adolescents about anxiety and the cognitive model. In the second phase (session 4-7), individual case formulation and understanding was targeted using the Clark and Wells model. In the third phase (session 8-12), behavioural experiments targeting the mechanisms of SP were conducted. In addition, behavioural exposures in real life settings, testing the effects of the different mechanisms were used. The adolescents were given homework assignments, such as working with their attentional focus and behavioural exposures
1	Getting acquainted Information Rules for the group Psychoeducation: Anxiety, social anxiety F Step in the FEAR framework; Feeling frightened?	Getting acquainted Information about the program Psychoeducation: Anxiety, social anxiety, The cognitive model Homework

	Homework	
2	<p>Getting acquainted</p> <p>The homework from session 1</p> <p>F step repetition</p> <p>E step Introduction; Self talk, thinking errors</p> <p>Homework</p> <p>Social activity</p>	<p>The homework from session 1</p> <p>What are feelings and the feeling thermometer</p> <p>Bodily reactions to anxiety</p> <p>Thoughts</p> <p>Thoughts, feelings and action. How are they related?</p> <p>Homework</p>
3	<p>The homework from session 2</p> <p>E step further: Challenging negative thoughts, role play and coping thoughts</p> <p>A step: Attitudes and action</p> <p>Social Skills training: starting, maintaining and ending a conversation</p> <p>Homework</p>	<p>The homework from session 2</p> <p>Cognitive restructuring: Identifying and challenging negative thoughts, thinking errors.</p> <p>Anxiety hierarchy</p> <p>Homework</p>
4	<p>Social skills training: continued practice conversations</p> <p>The homework from session 3</p> <p>R Step: Results and Rewards</p> <p>Social activity</p> <p>Homework</p> <p>Snack</p>	<p>The homework from session 3</p> <p>Cognitive social phobia case formulation based on Clark &amp; Wells model</p> <p>Homework</p>
5	<p>The homework from session 4</p> <p>How to implement the FEAR plan</p>	<p>The homework from session 4</p> <p>Attention in anxious situations</p>

	Social skills training: assertiveness Homework	Changing attentional focus and attention focus experiment Homework
6	The homework from session 5 Exposure: giving a speech Social skills training: Listening Planning exposure using the FEAR plan Homework	The homework from session 5 Introduction to Safety behaviour Safety behaviour experiments Pre and post mortem processing Homework
7	The homework from session 6 In session exposure Social skills training: joining a conversation, Keeping a friend Homework	The homework from session 6 Self-processing Videofeedback experiment Homework
8	The homework from session 7 In session exposure Social skills training: Getting to know each other Homework	The homework from session 7 Cognitive restructuring: testing negative thoughts Behavioural experiment Homework
9	The homework from session 8 What have we learned this far? In vivo exposures Homework	Behavioural experiment Homework
10	The homework from session 9 Relapse prevention Social skills training: Giving and accepting compliments	The homework from session 9 Behavioural experiment Homework

	Good bye	
11		<p>The homework from session 10</p> <p>What have we learned?</p> <p>Behavioural experiments</p> <p>Homework</p>
12		<p>The homework from session 11</p> <p>Personal feedback</p> <p>Relapse prevention plan</p> <p>Good bye</p>