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Running head: EMOTIONAL CLARITY AND ATTENTION TO EMOTIONS IN SOCIAL ANXIETY DISORDER

Emotional Clarity and Attention to Emotions in Cognitive Behavioral Group Therapy and Mindfulness-Based Stress Reduction for Social Anxiety Disorder

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Highlights

- We examined emotional clarity (EC) and attention to emotion in patients with social anxiety disorder (SAD).
- Patients demonstrated lower levels of EC than healthy controls.
- Cognitive-behavioral group therapy increased EC more than a waitlist.
- Mindfulness-based stress reduction did not increase EC more than a waitlist.
- Changes in emotional clarity predicted changes in social anxiety.

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