1 Pure self help

1.1 Pure self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Anxiety (self rated) outcome

	Pi	ure self help		ina	active contro	bl	9	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
4.5.2 versus WLC									
Bowman1997	19.53	8.16	17	29.06	9.34	18	12.4%	-1.06 [-1.77, -0.35]	
Houghton2008 (1)	-8	8.6023253	50	-2	10.816654	50	39.2%	-0.61 [-1.01, -0.21]	-
Kassinove1980	45.9	6.9	11	51.8	11.9	12	9.0%	-0.58 [-1.42, 0.26]	+
Tarrier1986	16.86	2.38	36	18.5	2	10	12.3%	-0.70 [-1.41, 0.02]	
White1995	9.9	4	21	13.9	3.9	18	14.0%	-0.99 [-1.66, -0.32]	
Subtotal (95% CI)			135			108	87.0%	-0.74 [-1.01, -0.48]	♦
Heterogeneity: Tau ² = Test for overall effect:				= 0.76);	l ² = 0%				
Test for overall effect:				= 0.76);	l ² = 0%				
Test for overall effect: 4.5.3 versus TAU	Z = 5.41	(P < 0.0000	1)	·		16	12.0%	0.7014.40.0.041	
Test for overall effect: 4.5.3 versus TAU Maunder2009			1) 18	= 0.76); 13.87	l² = 0% 4.19	16 16	13.0% 13.0%	-0.70 [-1.40, -0.01] -0 70 [-1 40 -0 01]	
Test for overall effect: 4.5.3 versus TAU Maunder2009 Subtotal (95% CI)	Z = 5.41 10.89	(P < 0.0000	1)	·		16 16	13.0% 13.0%	-0.70 [-1.40, -0.01] -0.70 [-1.40, -0.01]	•
Test for overall effect: 4.5.3 versus TAU Maunder2009 Subtotal (95% CI) Heterogeneity: Not ap	Z = 5.41 10.89 plicable	(P < 0.0000 4.1	1) 18	·				• • •	•
Test for overall effect: 4.5.3 versus TAU Maunder2009 Subtotal (95% CI)	Z = 5.41 10.89 plicable	(P < 0.0000 4.1	1) 18	·				• • •	•
Test for overall effect: 4.5.3 versus TAU Maunder2009 Subtotal (95% CI) Heterogeneity: Not ap	Z = 5.41 10.89 plicable	(P < 0.0000 4.1	1) 18	·			13.0%	• • •	•
Test for overall effect: 4.5.3 versus TAU Maunder2009 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect:	Z = 5.41 10.89 plicable Z = 1.98	(P < 0.0000 4.1 (P = 0.05)	1) 18 18 18 153	13.87	4.19	16	13.0%	-0.70 [-1.40, -0.01]	◆

(1) change score

1.2 Pure self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Anxiety (self rated) outcome

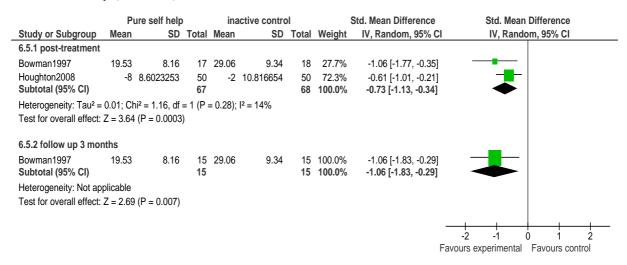
	Pure	self h	elp	inacti	ve con	trol		Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl		
Kassinove1980	45.9	6.9	11	51.8	11.9	12	18.6%	-0.58 [-1.42, 0.26]			
Maunder2009 (1)	10.89	4.1	18	13.87	4.19	16	26.9%	-0.70 [-1.40, -0.01]			
Tarrier1986	16.86	2.38	36	18.5	2	10	25.5%	-0.70 [-1.41, 0.02]			
White1995	9.9	4	21	13.9	3.9	18	29.0%	-0.99 [-1.66, -0.32]			
Total (95% CI)			86			56	100.0%	-0.76 [-1.12, -0.40]	•		
Heterogeneity: Tau ² =	0.00; Ch	i² = 0.6	69, df =	3 (P = 0).88); l²	= 0%		-			
Test for overall effect:	Z = 4.13	(P < 0	.0001)					Fa	vours experimental Favours control		

(1) TAU

1.3 Pure self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome: Anxiety (self rated) outcome



1.4 Pure self help in mixed anxiety population

Comparator: Waitlist control (WLC)

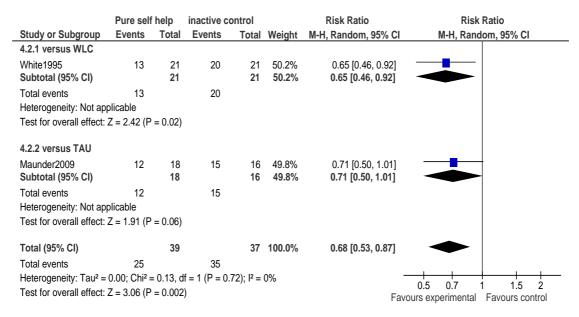
Outcome: Depression (self rated) outcome

	Pure	Pure self help			inactive control			Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI		
4.8.1 versus WLC											
Tarrier1986	14.17	3.6	36	16.4	3.5	10	46.6%	-0.61 [-1.32, 0.10]			
White1995	5.6	4.7	21	9.7	3.8	18	53.4%	-0.93 [-1.60, -0.27]			
Subtotal (95% CI)			57			28	100.0%	-0.78 [-1.27, -0.30]	\bullet		
Heterogeneity: Tau ² =	0.00; Chi	² = 0.4	1, df =	1 (P = 0.	52); l²	= 0%					
Test for overall effect:	Z = 3.15	(P = 0	.002)								
								—			
									-2 -1 0 1 2		

1.5 Pure self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Non remission outcome



1.6 Pure self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Drop outs

	Pure self	help	inactive c	ontrol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl
4.1.1 versus WLC							
Bowman1997	2	19	1	19	2.1%	2.00 [0.20, 20.24]	
Houghton2008	32	116	58	115	93.3%	0.55 [0.39, 0.77]	
Kassinove1980	0	11	0	12		Not estimable	
Tarrier1986 (1)	0	0	0	0		Not estimable	
White1995	0	21	3	21	1.3%	0.14 [0.01, 2.61] 🕇	
Subtotal (95% CI)		167		167	96.7%	0.55 [0.37, 0.82]	\bullet
Total events	34		62				
Heterogeneity: Tau ² =	0.01; Chi² =	= 2.03, d	f = 2 (P = 0.	.36); l² =	1%		
Test for overall effect:	Z = 2.94 (P	= 0.003)				
4.1.3 versus TAU							
Maunder2009	2	20	2	18	3.3%	0.90 [0.14, 5.74]	
Subtotal (95% CI)		20		18	3.3%	0.90 [0.14, 5.74]	
Total events	2		2				
Heterogeneity: Not app	olicable						
Test for overall effect:	Z = 0.11 (P	= 0.91)					
Total (95% CI)		187		185	100.0%	0.56 [0.40, 0.78]	•
Total events	36		64				
Heterogeneity: Tau ² =	0.00; Chi² =	= 2.28, d	f = 3 (P = 0.	.52); l² =	0%	H	
Test for overall effect:							0.01 0.1 1 10 100
	,		,			Favo	ours experimental Favours control

(1) Not reported

1.7 Pure self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Drop outs

	help	inactive c	ontrol		Risk Ratio	Risk Ratio		
Study or Subgroup	Events Total		Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl	
Maunder2009 (1)	2	20	2	18	68.0%	0.90 [0.14, 5.74]		
White1995	0	21	3	21	32.0%	0.14 [0.01, 2.61]		
Total (95% CI)		41		39	100.0%	0.50 [0.09, 2.84]		
Total events	2		5					
Heterogeneity: Tau ² =	0.26; Chi ² =	= 1.17, d	f = 1 (P = 0.	.28); l² =	14%	F		
Test for overall effect:			,	,			.01 0.1 1 10 100 ours experimental Favours control	

(1) TAU

1.8 Pure self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome: Drop outs

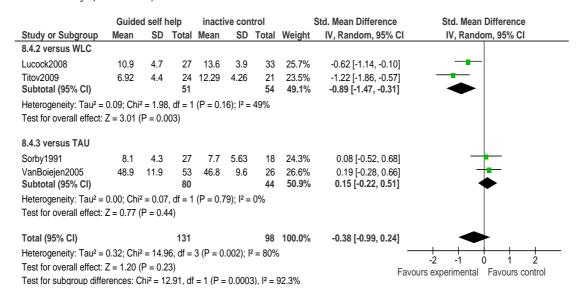
	Pure self	help	inactive c	ontrol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl
Bowman1997	2	19	1	19	9.7%	2.00 [0.20, 20.24]	+•
Houghton2008	32	116	58	115	90.3%	0.55 [0.39, 0.77]	
Total (95% CI)		135		134	100.0%	0.62 [0.29, 1.32]	•
Total events	34		59				
Heterogeneity: Tau ² =	0.13; Chi ² =	= 1.19, d	lf = 1 (P = 0.	.28); l² =	16%		
Test for overall effect:	Z = 1.24 (P	= 0.22)					0.01 0.1 1 10 100 vours experimental Favours control

2 Guided self help

2.1 Guided self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Anxiety (self-rated) outcome



2.2 Guided self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Anxiety (self-rated) outcome

	Guide	d self h			ve con			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl
9.3.1 versus TAU									
Sorby1991	8.1	4.3	27	7.7	5.63	18	38.3%	0.08 [-0.52, 0.68]	_
VanBoiejen2005	48.9	11.9	53	46.8	9.6	26	61.7%	0.19 [-0.28, 0.66]	
Subtotal (95% CI)			80			44	100.0%	0.15 [-0.22, 0.51]	
Heterogeneity: Tau ² = 0.	.00; Chi ^z	² = 0.07	, df = 1	(P = 0.7)	9); l² =	0%			
Test for overall effect: Z	= 0.77 ((P = 0.4	4)						
9.3.2 versus WLC									_
Lucock2008	10.9	4.7	27	13.6	3.9	33	100.0%	-0.62 [-1.14, -0.10]	
Subtotal (95% CI)			27			33	100.0%	-0.62 [-1.14, -0.10]	
Heterogeneity: Not appli	icable								
Test for overall effect: Z	= 2.34 ((P = 0.0	2)						
9.3.3 versus TAU (follo	w up 3	month	s)						
VanBoiejen2005	46.6	12	53	45.3	11.9	26	100.0%	0.11 [-0.36, 0.58]	
Subtotal (95% CI)			53			26	100.0%	0.11 [-0.36, 0.58]	\bullet
Heterogeneity: Not appli	icable								
Test for overall effect: Z	= 0.45 ((P = 0.6	5)						
9.3.4 versus TAU (follo	w up 9	month	s)						
VanBoiejen2005	44.6	11.8	53	41.3	10.6	26	100.0%	0.29 [-0.19, 0.76]	-+
Subtotal (95% CI)			53			26	100.0%	0.29 [-0.19, 0.76]	
Heterogeneity: Not appli	icable								
Test for overall effect: Z		(P = 0.2)	3)						
			-/						
								+	
								-2	-1 0 1
								Favou	urs experimental Favours control

2.3 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome: Anxiety (self-rated) outcome

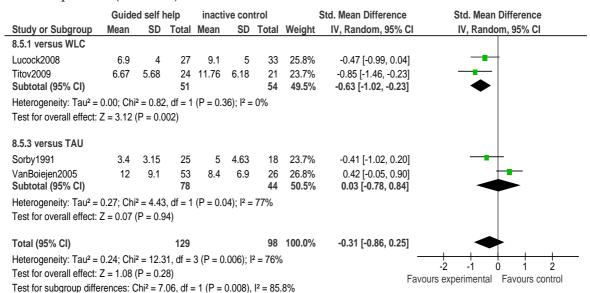
	Guide	d self h	nelp	inacti	ve con	trol	5	Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Rando	om, 95% Cl	
10.4.2 versus WLC											
Titov2009	6.92	4.4	24	12.29	4.26	21	100.0%	-1.22 [-1.86, -0.57]			
Subtotal (95% CI)			24			21	100.0%	-1.22 [-1.86, -0.57]			
Heterogeneity: Not ap	olicable										
Test for overall effect:	Z = 3.71 (P = 0.0	002)								
										↓ → ↓ →	

-4 -2 0 2 4 Favours experimental Favours control

2.4 Guided self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Depression (self-rated) outcome



2.5 Guided self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

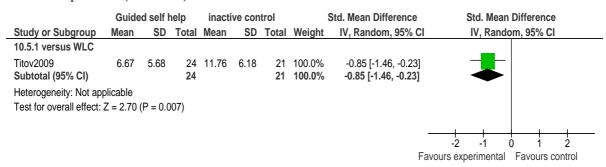
Outcome: Depression (self-rated) outcome

Study or Subgroup Mean SD Total Mean SD Total Weight IV, Random, 95% CI 9.5.1 versus WLC Lucock2008 6.9 4.9 27 9.1 5 33 100.0% -0.44 [-0.95, 0.08] Subtotal (95% CI) 27 33 100.0% -0.44 [-0.95, 0.08] -0.44 [-0.95, 0.08] Heterogeneity: Not applicable 27 33 100.0% -0.44 [-0.95, 0.08] 9.5.2 versus TAU Sorby1991 3.4 3.15 25 5 4.63 18 47.2% -0.41 [-1.02, 0.20] VanBoiejen2005 12 9.1 53 8.4 6.9 26 52.8% 0.42 [-0.05, 0.90] Subtotal (95% CI) 78 44 100.0% 0.03 [-0.78, 0.84] Heterogeneity: Tau ² = 0.27; Chi ² = 4.43, df = 1 (P = 0.04); l ² = 77% Test for overall effect: Z = 0.07 (P = 0.94) 9.5.3 versus TAU (follow up 3 months) 9.5.3 versus TAU (follow up 3 months) </th <th>IV, Random, 95% CI</th>	IV, Random, 95% CI
Lucock2008 6.9 4.9 27 9.1 5 33 100.0% -0.44 $[-0.95, 0.08]$ Subtotal (95% CI) 27 33 100.0% -0.44 $[-0.95, 0.08]$ Heterogeneity: Not applicableTest for overall effect: $Z = 1.67$ (P = 0.10)9.5.2 versus TAUSorby1991 3.4 3.15 25 5 4.63 18 47.2% -0.41 $[-1.02, 0.20]$ VanBoiejen2005 12 9.1 53 8.4 6.9 26 52.8% 0.42 $[-0.05, 0.90]$ Subtotal (95% CI) 78 44 100.0% 0.03 $[-0.78, 0.84]$ Heterogeneity: Tau ² = 0.27; Chi ² = 4.43, df = 1 (P = 0.04); l ² = 77\%Test for overall effect: $Z = 0.07$ (P = 0.94)	
Subtotal (95% Cl) 27 33 100.0% -0.44 [-0.95, 0.08] Heterogeneity: Not applicable Test for overall effect: $Z = 1.67$ (P = 0.10) 9.5.2 versus TAU Sorby1991 3.4 3.15 25 5 4.63 18 47.2% -0.41 [-1.02, 0.20] VanBoiejen2005 12 9.1 53 8.4 6.9 26 52.8% 0.42 [-0.05, 0.90] Subtotal (95% Cl) 78 44 100.0% 0.03 [-0.78, 0.84] Heterogeneity: Tau ² = 0.27; Chi ² = 4.43, df = 1 (P = 0.04); l ² = 77% Test for overall effect: $Z = 0.07$ (P = 0.94)	
Test for overall effect: $Z = 1.67$ (P = 0.10)9.5.2 versus TAUSorby19913.43.43.152554.631847.2%-0.41 [-1.02, 0.20]VanBoiejen2005129.1538.46.92652.8%0.42 [-0.05, 0.90]Subtotal (95% Cl)7844100.0%0.03 [-0.78, 0.84]Heterogeneity: Tau² = 0.27; Chi² = 4.43, df = 1 (P = 0.04); l² = 77%Test for overall effect: $Z = 0.07$ (P = 0.94)	
9.5.2 versus TAUSorby1991 3.4 3.15 25 5 4.63 18 47.2% -0.41 $[-1.02, 0.20]$ VanBoiejen2005 12 9.1 53 8.4 6.9 26 52.8% 0.42 $[-0.05, 0.90]$ Subtotal (95% CI)7844 100.0% 0.03 $[-0.78, 0.84]$ Heterogeneity: Tau ² = 0.27; Chi ² = 4.43, df = 1 (P = 0.04); l ² = 77%Test for overall effect: Z = 0.07 (P = 0.94)	
Sorby1991 3.4 3.15 25 5 4.63 18 47.2% -0.41 $[-1.02, 0.20]$ VanBoiejen2005129.1 53 8.4 6.9 26 52.8% 0.42 $[-0.05, 0.90]$ Subtotal (95% CI)7844100.0% 0.03 $[-0.78, 0.84]$ Heterogeneity: Tau ² = 0.27; Chi ² = 4.43, df = 1 (P = 0.04); l ² = 77%Test for overall effect: Z = 0.07 (P = 0.94)	
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	-
Heterogeneity: Tau ² = 0.27; Chi ² = 4.43, df = 1 (P = 0.04); l ² = 77% Test for overall effect: Z = 0.07 (P = 0.94)	•
Test for overall effect: $Z = 0.07$ (P = 0.94)	
· · · · · · · · · · · · · · · · · · ·	
VanBoiejen2005 11.1 8.4 53 8.6 8.5 26 100.0% 0.29 [-0.18, 0.77] Subtotal (95% CI) 53 26 100.0% 0.29 [-0.18, 0.77]	
Heterogeneity: Not applicable	
Test for overall effect: Z = 1.22 (P = 0.22)	
9.5.4 versus TAU (follow up 9 months)	
VanBoiejen2005 10.3 7.9 53 7.2 4.9 26 100.0% 0.43 [-0.04, 0.91]	
Subtotal (95% Cl) 53 26 100.0% 0.43 [-0.04, 0.91]	
Heterogeneity: Not applicable	
Test for overall effect: Z = 1.79 (P = 0.07)	

2.6 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome: Depression (self-rated) outcome



2.7 Guided self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome:Worry outcome

	Guided self help					trol	;	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
8.8.2 versus WLC									
Titov2009	56.75	10.78	24	66.14	8.7	21	48.3%	-0.93 [-1.55, -0.32]	
Subtotal (95% CI)			24			21	48.3%	-0.93 [-1.55, -0.32]	\bullet
Heterogeneity: Not app	plicable								
Test for overall effect:	Z = 2.96	(P = 0.0	003)						
8.8.3 versus TAU									
VanBoiejen2005	53.9	12.7	53	51.8	11.9	26	51.7%	0.17 [-0.30, 0.64]	+
Subtotal (95% CI)			53			26	51.7%	0.17 [-0.30, 0.64]	•
Heterogeneity: Not app	olicable								
Test for overall effect:	Z = 0.70	(P = 0.4	19)						
Total (95% CI)			77			47	100.0%	-0.36 [-1.44, 0.71]	•
Heterogeneity: Tau ² =	0.53; Ch	i² = 7.71	, df = 1	(P = 0.0	005); l²	= 87%			
Test for overall effect:	Z = 0.66	(P = 0.5	51)					E	-4 -2 0 2 4 avours experimental Favours control
Test for subgroup diffe		`	,	= 1 (P =	0.005).	l² = 87	.0%	F	avours experimental Favours control

2.8 Guided self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Worry outcome

	Guide	ed self l	nelp	inacti	ve con	trol		Std. Mean Difference	Std. M	lean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, R	andom, 95% Cl	
9.8.1 versus TAU											
VanBoiejen2005 (1) Subtotal (95% CI)	53.9	12.7	53 53	51.8	11.9	26 26	100.0% 1 00.0%	0.17 [-0.30, 0.64] 0.17 [-0.30, 0.64]			
Heterogeneity: Not ap	plicable										
Test for overall effect:	Z = 0.70	(P = 0.4	19)								
9.8.2 versus TAU (fo	llow up 3	month	s)								
VanBoiejen2005 (2)	53.2	12.2	53	50.1	14.4		100.0%	0.24 [-0.23, 0.71]			
Subtotal (95% CI)			53			26	100.0%	0.24 [-0.23, 0.71]			
Heterogeneity: Not ap	plicable										
Test for overall effect:	Z = 0.99	(P = 0.3	32)								
9.8.3 versus TAU (fo	llow up 9	month	s)								
VanBoiejen2005 (3) Subtotal (95% CI)	51.9	12.8	53 53	46.6	11.7	26 26	100.0% 100.0%	0.42 [-0.05, 0.90] 0.42 [-0.05, 0.90]			
Heterogeneity: Not ap	plicable										
Test for overall effect:	Z = 1.74	(P = 0.0)8)								
									-2 -1		
								F	avours experime	ntal Favours con	-
(1) vs TAU											

(1) vs TAU(2) vs TAU, 3 mths(3) vs TAU, 9 mths

2.9 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

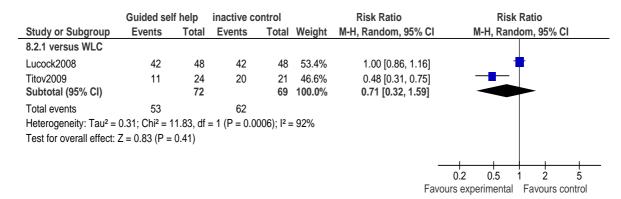
Outcome:Worry outcome

	Guid	ed self l	help	inactiv	ve con	trol	:	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
10.8.2 versus WLC									
Titov2009	56.75	10.78	24	66.14	8.7	21	100.0%	-0.93 [-1.55, -0.32]	
Subtotal (95% CI)			24			21	100.0%	-0.93 [-1.55, -0.32]	\bullet
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 2.96	(P = 0.0	003)						
									-2 -1 0 1 2

2.10 Guided self help in combined population

Comparator: Waitlist control (WLC)

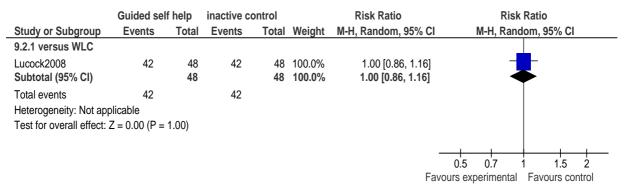
Outcome: Non-remission outcome



2.11 Guided self help in mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Non-remission outcome



2.12 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome: Non-remission outcome

	Guided se	lf help	inactive c	ontrol		Risk Ratio	Risk	Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	I M-H, Rand	lom, 95% Cl	
10.2.1 versus WLC									
Titov2009	11	24	20	21	100.0%	0.48 [0.31, 0.75]			
Subtotal (95% CI)		24		21	100.0%	0.48 [0.31, 0.75]			
Total events	11		20						
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 3.22 (P =	0.001)							
							0.2 0.5	1 2	5
						F	avours experimental	Favours contro	v

2.13 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome: Non-response outcome

	Guided se	lf help	inactive c	ontrol		Risk Ratio	Risk	Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	I M-H, Rand	lom, 95% Cl
10.3.1 versus WLC								
Titov2009	15	24	21	21	100.0%	0.63 [0.46, 0.87]		
Subtotal (95% CI)		24		21	100.0%	0.63 [0.46, 0.87]		
Total events	15		21					
Heterogeneity: Not ap	plicable							
Test for overall effect:	Z = 2.85 (P =	0.004)						
							0.5 0.7	+ + + 1 1.5 2
						Fa	avours experimental	Favours control

2.14 Guided self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

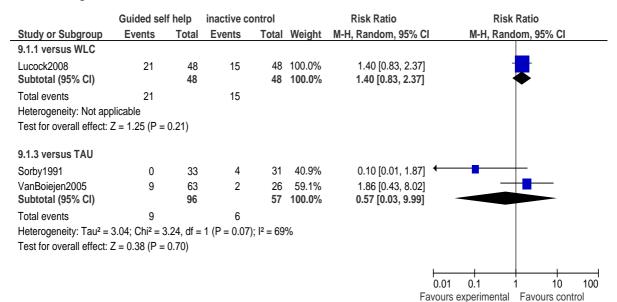
Outcome: Drop out outcome

	Guided se	lf help	inactive co	ontrol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% CI
8.1.1 versus WLC							
Lucock2008	21	48	15	48	57.6%	1.40 [0.83, 2.37]	
Titov2009	6	24	2	21	18.1%	2.63 [0.59, 11.64]	
Subtotal (95% CI)		72		69	75.7%	1.50 [0.91, 2.47]	•
Total events	27		17				
Heterogeneity: Tau ² =	0.00; Chi ² = 0).62, df =	1 (P = 0.43); l ² = 0%	6		
Test for overall effect:	Z = 1.60 (P =	0.11)					
0.4.0							
8.1.3 versus TAU							
Sorby1991	0	33	4	31	5.7%	0.10 [0.01, 1.87]	-
VanBoiejen2005	9	63	2	26	18.6%	1.86 [0.43, 8.02]	
Subtotal (95% CI)		96		57	24.3%	0.57 [0.03, 9.99]	
Total events	9		6				
Heterogeneity: Tau ² =	3.04; Chi ² = 3	3.24, df =	1 (P = 0.07); l² = 69	%		
Test for overall effect:	Z = 0.38 (P =	0.70)					
Total (95% CI)		168		126	100.0%	1.42 [0.70, 2.91]	•
Total events	36		23				
Heterogeneity: Tau ² =	0.16; Chi ² = 4	1.06, df =	3 (P = 0.25); l² = 26	%	Ļ	
Test for overall effect:	-						0.005 0.1 1 10 200
						Favo	ours experimental Favours control

2.15 Guided self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Drop out outcome



2.16 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome:Drop out outcome

	Guided sel	f help	inactive c	ontrol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	M-H, Random, 95% Cl
10.1.1 versus WLC							
Titov2009 Subtotal (95% CI)	6	24 24	2	21 21	100.0% 1 00.0%	2.63 [0.59, 11.64] 2.63 [0.59, 11.64]	
Total events Heterogeneity: Not ap Test for overall effect:	•	0.20)	2				
	, , , , , , , , , , , , , , , , , , ,	,					0.01 0.1 1 10 100

3 Psychoeducational group

3.1 Psychoeducational group in mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Anxiety (self-rated) outcome

	Psychoedu	icational g	roup	٧	VLC		:	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
11.4.1 pure GAD popu	ulation								
White1992	48.6	12.2	22	56.3	6.3	11	100.0%	-0.70 [-1.45, 0.04]	
Subtotal (95% CI)			22			11	100.0%	-0.70 [-1.45, 0.04]	\bullet
Heterogeneity: Not app	licable								
Test for overall effect: 2	Z = 1.85 (P = 0).06)							
11.4.2 mixed anxiety	population								
Kitchiner2009	9.3	5.5	25	11	4.4		100.0%	-0.34 [-0.90, 0.23]	
Subtotal (95% CI)			25			24	100.0%	-0.34 [-0.90, 0.23]	•
Heterogeneity: Not app	licable								
Test for overall effect: 2	Z = 1.16 (P = 0).24)							
11.4.3 combined popu	ulation								
Kitchiner2009	9.3	5.5	25	11	4.4	24	63.6%	-0.34 [-0.90, 0.23]	
White1992	48.6	12.2	22	56.3	6.3	11	36.4%	-0.70 [-1.45, 0.04]	
Subtotal (95% CI)			47			35	100.0%	-0.47 [-0.92, -0.02]	•
Heterogeneity: Tau ² = (0.00; Chi² = 0.	60, df = 1 (P = 0.44); l ² = 0	%				
Test for overall effect: 2	Z = 2.04 (P = 0).04)							
11.4.4 mixed anxiety	population (fo	bllow up 1	month)						
Kitchiner2009	9.3	5.7	25	9.5	5		100.0%	-0.04 [-0.60, 0.52]	
Subtotal (95% CI)			25			24	100.0%	-0.04 [-0.60, 0.52]	•
Heterogeneity: Not app	licable								
Test for overall effect: 2	Z = 0.13 (P = 0).90)							
									-4 -2 0 2 4 urs experimental Favours control

3.2 Psychoeducational group in mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Depression (self-rated) outcome

	Psycho	educational g	roup		WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl
11.5.1 pure GAD popu	ulation								
White1992 Subtotal (95% CI)	-5.5	14.286357	22 22	1.3	9.2633687	11 11	100.0% 1 00.0%	-0.51 [-1.25, 0.22] -0.51 [-1.25, 0.22]	
Heterogeneity: Not app	licable								
Test for overall effect: Z	Z = 1.37 (P	= 0.17)							
11.5.2 mixed anxiety p	population								
Kitchiner2009 Subtotal (95% CI)	17.4	11	25 25	23	11.4		100.0% 1 00.0%	-0.49 [-1.06, 0.08] -0.49 [-1.06, 0.08]	-
Heterogeneity: Not app	licable								
Test for overall effect: Z	Z = 1.69 (P	= 0.09)							
11.5.3 combined popu	ulation								
Kitchiner2009	17.4	11	25	23	11.4	24	62.6%	-0.49 [-1.06, 0.08]	
White1992	-5.5	14.286357	22	1.3	9.2633687	11	37.4%	-0.51 [-1.25, 0.22]	
Subtotal (95% CI)			47			35	100.0%	-0.50 [-0.95, -0.05]	
Heterogeneity: Tau ² = 0 Test for overall effect: 2			= 0.96);	l ² = 0%)				
		- 0.00)							
11.5.4 mixed anxiety p	population	(follow up 1 n	nonth)						
Kitchiner2009 Subtotal (95% CI)	17.2	11.7	25 25	19.5	12.8		100.0% 1 00.0%	-0.18 [-0.75, 0.38] -0.18 [-0.75, 0.38]	
Heterogeneity: Not app	licable								
Test for overall effect: Z	Z = 0.64 (P	= 0.52)							
									-2 -1 0 1 2
								F	avours experimental Favours control

3.3 Psychoeducational group in mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Worry outcome

	Psychoedu	ucational g	Iroup	١	WLC		:	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
11.8.2 mixed anxiety	population								
Kitchiner2009 Subtotal (95% CI)	28.9	21.6	25 25	36.3	18.3	24 24	100.0% 1 00.0%	-0.36 [-0.93, 0.20] -0.36 [-0.93, 0.20]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 1.26 (P = 0	0.21)							
11.8.4 mixed anxiety Kitchiner2009 Subtotal (95% CI)	population (fo 28	ollow up 1 22.1	month) 25 25	31.5	17.7	24 24	100.0% 1 00.0%	-0.17 [-0.73, 0.39] - 0.17 [-0.73, 0.39]	*
Heterogeneity: Not ap	plicable								
	7 0 00 (D (
Test for overall effect:	Z = 0.60 (P = 0.00)	J.55)							

3.4 Psychoeducational group in mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Drop outs

Pe	when durational are	0.00	WLC			Risk Ratio	Dick	Ratio
	choeducational gro	•			Materia (
Study or Subgroup		Total	Events	l otal	Weight	M-H, Random, 95% Cl	M-H, Rand	om, 95% Cl
11.1.1 pure GAD population	on							_
White1992	4	26	0	11	100.0%	4.00 [0.23, 68.57]		
Subtotal (95% CI)		26		11	100.0%	4.00 [0.23, 68.57]		
Total events	4		0					
Heterogeneity: Not applicab	le							
Test for overall effect: Z = 0.	.96 (P = 0.34)							
11.1.2 mixed anxiety popu	lation							
Kitchiner2009 (1)	9	25	0	0		Not estimable		
Subtotal (95% CI)		25		0		Not estimable		
Total events	9		0					
Heterogeneity: Not applicab	le							
Test for overall effect: Not a	pplicable							
Total (95% CI)		51		11	100.0%	4.00 [0.23, 68.57]		
Total events	13		0					
Heterogeneity: Not applicab	le							+ 10
Test for overall effect: Z = 0.						Fo	0.01 0.1	10 10
Test for subgroup difference	es: Not applicable					Fa	vours experimental	Favours control

(1) CBT, no drop out data for WLC

4 Different treatment comparisons

4.1 Different treatment comparisons for mixed anxiety population

Comparator: High intensity standard CBT treatments; Psychoeducational group anxiety management;

Audiotherapy

Outcome: Anxiety (self-rated) outcome

	Trea	atmen	t	Com	nparat	or		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
13.3.1 low vs high inte	ensity								
VanBoiejen2005 Subtotal (95% CI)	48.9	11.9	53 53	45.3	12.1		100.0% 1 00.0%	0.30 [-0.07, 0.67] 0.30 [-0.07, 0.67]	
Heterogeneity: Not app	licable								
Test for overall effect: 2	2 = 1.59	(P = 0	.11)						
13.3.2 biblio vs audiot	herapy								_
Kassinove1980 Subtotal (95% Cl)	45.9	6.9	11 11	51.7	12.7	11 11	100.0% 1 00.0%	-0.55 [-1.40, 0.31] + -0.55 [-1.40, 0.31] -	
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.21)						
13.3.3 group CBT vs g	Jroup A	ХМ							
Kitchiner2009 Subtotal (95% CI)	9.3	5.5	25 25	8.5	4.5		100.0% 1 00.0%	0.16 [-0.40, 0.72] 0.16 [-0.40, 0.72]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.58)						
13.3.4 group CBT vs g	Jroup A	XM (fo	ollow u	p1mo	nth)				\perp
Kitchiner2009 Subtotal (95% CI)	9.3	5.7	25 25	9.2	5		100.0% 1 00.0%	0.02 [-0.54, 0.58] 0.02 [-0.54, 0.58]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.95)						
13.3.5 group CBT vs g	Jroup A	XM (fo	ollow u	p 3 mo	nth)				
Kitchiner2009	10.2	5.3	25	9.1	4.3		100.0%	0.22 [-0.34, 0.79]	
Subtotal (95% CI)			25			24	100.0%	0.22 [-0.34, 0.79]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.44)						
13.3.6 group CBT vs g	iroup A	XM (fo	ollow u	p 6 mo	nth)				
Kitchiner2009	8.8	4.6	25	9 0 me	4	24	100.0%	-0.05 [-0.61, 0.51]	
Subtotal (95% CI)			25				100.0%	-0.05 [-0.61, 0.51]	
Heterogeneity: Not app									
Test for overall effect: 2	2 = 0.16	(P = 0	.87)						
13.3.7 low vs high inte	ensity (I	Follow	up 3 r	nonth)					
VanBoiejen2005 Subtotal (95% CI)	46.6	12	53 53	43	13.2		100.0% 1 00.0%	0.28 [-0.08, 0.65] 0.28 [-0.08 , 0.65]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.13)						
13.3.8 low vs high inte	ensity (I	Follow	up 9 r	nonth)					
VanBoiejen2005 Subtotal (95% CI)	44.6	11.8	53 53	42.7	13.2		100.0% 1 00.0%	0.15 [-0.22, 0.52] 0.15 [-0.22, 0.52]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.42)					-	
		, o	/						
								_	

4.2 Different treatment comparisons for mixed anxiety population

Comparator: High intensity standard CBT treatments; Psychoeducational group anxiety management;

Audiotherapy

Outcome: Depression (self-rated) outcome

		atmen			nparat			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% C	I IV, Random, 95% CI
13.5.1 low vs high inte									
VanBoiejen2005 Subtotal (95% CI)	12	9.1	53 53	9.8	8.2		100.0% 1 00.0%	0.25 [-0.11, 0.62] 0.25 [-0.11, 0.62]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0).18)						
13.5.3 group CBT vs (group A	хм							
Kitchiner2009 Subtotal (95% CI)	17.4	11	25 25	16.1	13.5	24 24	100.0% 100.0%	0.10 [-0.46, 0.66] 0.10 [-0.46, 0.66]	
Heterogeneity: Not app	olicable								-
Test for overall effect: 2		(P = 0).72)						
13.5.4 group CBT vs	group A	XM (fe	ollow u	p 1 mo	nth)				
Kitchiner2009 Subtotal (95% CI)	17.2	11.7	25 25	18.4	11.3		100.0% 1 00.0%	-0.10 [-0.66, 0.46] -0.10 [-0.66, 0.46]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0).72)						
13.5.5 group CBT vs (group A	XM (fe	ollow u	p 3 mo	nth)				
Kitchiner2009 Subtotal (95% CI)	18.7	10.8	25 25	17.8	12.8		100.0% 1 00.0%	0.07 [-0.49, 0.64] 0.07 [-0.49, 0.64]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0).79)					• / •	
13.5.6 group CBT vs g	group A	XM (fe	ollow u	p6mo	nth)				
Kitchiner2009 Subtotal (95% CI)	18.4	9.9	25 25	17.6	12		100.0% 1 00.0%	0.07 [-0.49, 0.63] 0.07 [-0.49, 0.63]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0).80)						
13.5.7 low vs high int	ensity (I	Follow	/ up 3 r	nonth)					
VanBoiejen2005 Subtotal (95% CI)	11.1	8.4	53 53	9.6	8.7		100.0% 100.0%	0.17 [-0.19, 0.54] 0.17 [-0.19, 0.54]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0).35)						
13.5.8 low vs high int	ensity (I	Follow	/ up 9 r	nonth)					
VanBoiejen2005 Subtotal (95% CI)	10.3	7.9	53 53	9.3	8.3		100.0% 1 00.0%	0.12 [-0.24, 0.49] 0.12 [-0.24, 0.49]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0).51)						
									-1 -0.5 0 0.5 Fayours experimental Fayours control

4.3 Different treatment comparisons for mixed anxiety population

Comparator: High intensity standard CBT treatments; Psychoeducational group anxiety management;

Audiotherapy

Outcome: Worry outcome

		atmer			nparat			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl
13.9.2 low vs high in			-						
VanBoiejen2005 Subtotal (95% CI)	53.9	12.7	53 53	50.3	13.1		100.0% 1 00.0%	0.28 [-0.09, 0.64] 0.28 [-0.09, 0.64]	-
Heterogeneity: Not ap Test for overall effect:	•	6 (P = 0).14)						
13.9.3 group CBT vs	group A	XM							
Kitchiner2009 Subtotal (95% CI)	28.9	21.6	25 25	35	22		100.0% 1 00.0%	-0.28 [-0.84, 0.29] -0.28 [-0.84, 0.29]	
Heterogeneity: Not ap Test for overall effect:	•	6 (P = 0).34)						
13.9.4 group CBT vs	group A	XM (f	ollow u	p1mo	nth)				
Kitchiner2009 Subtotal (95% CI)	28	22.1	25 25	37.4	22		100.0% 1 00.0%	-0.42 [-0.99, 0.15] -0.42 [-0.99, 0.15]	
Heterogeneity: Not ap Test for overall effect:		6 (P = 0).15)						
13.9.5 group CBT vs	group A	XM (fo	ollow u	p 3 mo	nth)				
Kitchiner2009 Subtotal (95% CI)	30.9	24.4	25 25	37.3	23.4		100.0% 1 00.0%	-0.26 [-0.83, 0.30] -0.26 [-0.83, 0.30]	
Heterogeneity: Not ap Test for overall effect:	•	! (P = 0).36)						
13.9.6 group CBT vs	group A	XM (f	ollow u	p6mo	nth)				
Kitchiner2009 Subtotal (95% CI)	29.8	24.9	25 25	38.8	23.9	24 24	100.0% 1 00.0%	-0.36 [-0.93, 0.20] -0.36 [-0.93, 0.20]	
Heterogeneity: Not ap Test for overall effect:	•	6 (P = 0).21)						
13.9.7 low vs high in	tensity (Follov	vup3n	nonth)					
VanBoiejen2005 Subtotal (95% CI)	53.2	12.2	53 53	48.7	13.4		100.0% 1 00.0%	0.35 [-0.02, 0.72] 0.35 [-0.02, 0.72]	
Heterogeneity: Not ap Test for overall effect:	•	6 (P = 0).06)					-	
13.9.8 low vs high in	tensity (Follov	vup 9 n	nonth)					
VanBoiejen2005 Subtotal (95% CI)	51.9	12.8	53 53	47.5	12.9		100.0% 1 00.0%	0.34 [-0.03, 0.71] 0.34 [-0.03, 0.71]	
Heterogeneity: Not ap Test for overall effect:	•	(P = 0).07)						

4.4 Different treatment comparisons for mixed anxiety population

Comparator: High intensity standard CBT treatments; Psychoeducational group anxiety management;

Audiotherapy

Outcome: Drop out

	Treatm	ent	Compar	ator		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% Cl
13.1.1 low versus hig	h intensit	у					
VanBoiejen2005 Subtotal (95% CI)	6	53 53	9	63 63	100.0% 1 00.0%	0.79 [0.30, 2.08] 0.79 [0.30, 2.08]	
Total events	6		9				
Heterogeneity: Not app	olicable						
Test for overall effect:	Z = 0.47 (I	P = 0.64	4)				
13.1.2 group CBT vs	group AX	М					
Kitchiner2009	9	25	8	24	100.0%	1.08 [0.50, 2.33]	
Subtotal (95% CI)		25		24	100.0%	1.08 [0.50, 2.33]	
Total events	9		8				
Heterogeneity: Not app	olicable						
Test for overall effect:		^D = 0.84	4)				
						F	
						0.	01 0.1 1 10 100