Appendix 17a - Low intensity psychology interventions Forest plots

<u>Pure self help comparisons</u>
Outcome 1: Anxiety (self rated) outcome
Outcome 2: Anxiety (self rated) outcome
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Different treatment comparisons
Outcome 29: Anxiety (self-rated) outcome

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Review: Low intensity psychology interventions 01 Pure self help in combined population

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

Outcome 1: Anxiety (self rated) outcome

	Pi	ure self help)	ina	active contro	ol		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			
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 Subtotal (95% CI)	9.9	4	21 135	13.9	3.9	18 108	14.0% 87.0 %	-0.99 [-1.66, -0.32] -0.74 [-1.01, -0.48]	•			
4.5.3 versus TAU Maunder2009	10.89	4.1	18	13.87	4.19	16	13.0%	-0.70 [-1.40, -0.01]				
4.5.3 versus TAU												
Subtotal (95% CI)	10.09	4.1	18	13.01	4.19	16	13.0%	-0.70 [-1.40, -0.01]	•			
Heterogeneity: Not ap Test for overall effect:		(P = 0.05)										
Total (95% CI)			153			124	100.0%	-0.74 [-0.99, -0.49]	♦			
Heterogeneity: Tau ² =	0.00; Ch	ni ² = 1.88, df	= 5 (P	= 0.86);	$I^2 = 0\%$				-4 -2 0 2 4			
Test for overall effect:	Z = 5.76	(P < 0.0000	1)						Favours experimental Favours control			

Review: Low intensity psychology interventions 01 Pure self help in mixed anxiety population

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

Outcome 2: 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% CI
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	$i^2 = 0.6$	69, df =	3 (P = 0).88); l²	= 0%		_	-2 -1 0 1 2
Test for overall effect: $Z = 4.13$ (P < 0.0001)								Favou	irs experimental Favours control

(1) TAU

Review: Low intensity psychology interventions 01 Pure self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome 3: Anxiety (self rated) outcome

	Pur	e self help		ina	active contro	ol		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Rar	ndom, 9	5% CI	
6.5.1 post-treatment													
Bowman1997	19.53	8.16	17	29.06	9.34	18	27.7%	-1.06 [-1.77, -0.35]	_	-	-		
Houghton2008 Subtotal (95% CI)	-8 8	3.6023253	50 67	-2	10.816654	50 68	72.3% 100.0%	-0.61 [-1.01, -0.21] -0.73 [-1.13, -0.34]		•	-		
Heterogeneity: Tau ² =	0.01: Chi ²	e = 1.16. df :	= 1 (P :	= 0.28):	$l^2 = 14\%$								
Test for overall effect:	,	,		-7,									
6.5.2 follow up 3 mor	nths												
Bowman1997 Subtotal (95% CI)	19.53	8.16	15 15	29.06	9.34	15 15	100.0% 100.0 %	-1.06 [-1.83, -0.29] -1.06 [-1.83, -0.29]	-		-		
Heterogeneity: Not app	plicable												
Test for overall effect:	Z = 2.69 (P = 0.007)											
									-2	-1	Ó	1	2
								F	avours e	xperiment	al Fav	ours cor	ntrol

Review: Low intensity psychology interventions 01 Pure self help in mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome 4: Depression (self rated) outcome

	Pure	self h	elp	inacti	ve con	trol		Std. Mean Difference	Si	td. Mean	Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% C	i i	V, Rand	om, 9	5% 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]					
Heterogeneity: Tau ² =	0.00; Chi	$^{2} = 0.4$	11, df =	1 (P = 0	.52); l²	= 0%							
Test for overall effect:	Z = 3.15	(P = 0)	.002)										
									-2	- 1	 	+	
								F	-z -avours expe		Favo	urs c	_

Review: Low intensity psychology interventions 01 Pure self help in mixed anxiety population

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

Outcome 5: Non remission outcome

	Pure self	f help	inactive co	ontrol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
4.2.1 versus WLC							
White1995	13	21	20	21	50.2%	0.65 [0.46, 0.92]	
Subtotal (95% CI)		21		21	50.2%	0.65 [0.46, 0.92]	
Total events	13		20				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 2.42 (P	0.02					
4.2.2 versus TAU							
							_
Maunder2009	12	18	15	16	49.8%	0.71 [0.50, 1.01]	
Subtotal (95% CI)		18		16	49.8%	0.71 [0.50, 1.01]	
Total events	12		15				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 1.91 (P	r = 0.06					
Total (95% CI)		39		37	100.0%	0.68 [0.53, 0.87]	•
Total events	25		35				
Heterogeneity: Tau ² =	0.00: Chi ² :	= 0.13. c	If = 1 (P = 0.	72): l² =	0%	-	
Test for overall effect:	-		•	,, -		-	0.5 0.7 1 1.5 2
	_ 1.00 (.	2.002	-,			Fav	ours experimental Favours control

Review: Low intensity psychology interventions 01 Pure self help in combined population

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

Outcome 6: Drop outs

	Pure self	help	inactive c	ontrol		Risk Ratio	Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI		
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]	◆		
Total events	34		62						
Heterogeneity: Tau ² =	0.01; Chi ² =	= 2.03, d	f = 2 (P = 0)	.36); I ² =	1%				
Test for overall effect:	Z = 2.94 (P	= 0.003	3)	·					
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:		= 0.91)							
Total (95% CI)		187		185	100.0%	0.56 [0.40, 0.78]	•		
Total events	36		64			_ · · · · ·			
Heterogeneity: Tau ² =		= 2.28. d	If = 3 (P = 0	.52): l² =	0%	ŀ			
Test for overall effect:			,	- //-			0.01 0.1 1 10 100 ours experimental Favours control		

(1) Not reported

Review: Low intensity psychology interventions 01 Pure self help in *mixed anxiety population* Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome 7: Drop outs

	Pure self	help	inactive c	ontrol		Risk Ratio	Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI		
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	If = 1 (P = 0	.28); I ² =	14%	L	1 04 1 10 100		
Test for overall effect:	Z = 0.78 (P	= 0.43)				0.01 Favour	1 0.1 1 10 100 s experimental Favours control		

Review: Low intensity psychology interventions 01 Pure self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome 8: Drop outs

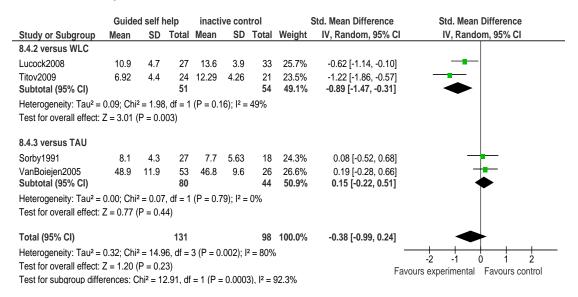
(1) TAU

	Pure self	help	inactive co	ontrol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
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	If = 1 (P = 0.	.28); I ² =	16%		
Test for overall effect:	Z = 1.24 (P	= 0.22)					0.01 0.1 1 10 100 vours experimental Favours control

Review: Low intensity psychology interventions 02 Guided self help in combined population

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

Outcome 9: Anxiety (self-rated) outcome



Review: Low intensity psychology interventions 02 Guided self help in mixed anxiety population

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

Outcome 10: Anxiety (self-rated) outcome

	Guide	d self h	elp	inacti	ve con			Std. Mean Difference	Std. Mean Difference
Study or Subgroup I	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
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 Subtotal (95% CI)	48.9	11.9	53 80	46.8	9.6	26 44	61.7% 100.0 %	0.19 [-0.28, 0.66] 0.15 [-0.22, 0.51]	
Heterogeneity: Tau ² = 0.0	00; Chi	$^{2} = 0.07$, 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 Subtotal (95% CI)	10.9	4.7	27 27	13.6	3.9	33 33	100.0% 100.0 %	-0.62 [-1.14, -0.10] - 0.62 [-1.14, -0.10]	
Heterogeneity: Not applic	cable								
Test for overall effect: Z =	= 2.34 (P = 0.0	2)						
9.3.3 versus TAU (follow	w up 3	months	s)						
VanBoiejen2005	46.6	12	53	45.3	11.9		100.0%	0.11 [-0.36, 0.58]	—
Subtotal (95% CI)			53			26	100.0%	0.11 [-0.36, 0.58]	
Heterogeneity: Not applic Test for overall effect: Z =		P = 0.6	5)						
9.3.4 versus TAU (follow	w up 9	month	s)						
VanBoiejen2005 Subtotal (95% CI)	44.6	11.8	53 53	41.3	10.6	26 26	100.0% 100.0 %	0.29 [-0.19, 0.76] 0.29 [-0.19 , 0.76]	
Heterogeneity: Not applic	cable								
Test for overall effect: Z =	= 1.19 (P = 0.2	3)						
								+ -2	-1 0 1
								Favo	urs experimental Favours control

Review: Low intensity psychology interventions 02 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

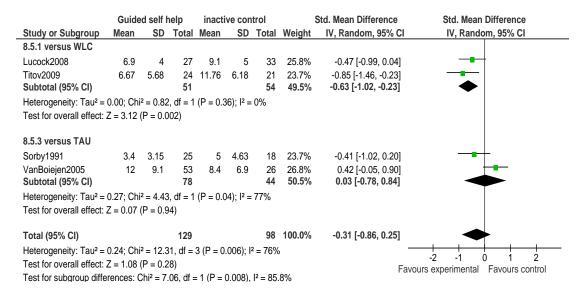
Outcome 11: Anxiety (self-rated) outcome

	Guide	Guided self help inactive control				trol		Std. Mean Difference	Std. Mean Differer	ıce
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95%	CI
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	plicable									
Test for overall effect:	Z = 3.71 (P = 0.0	0002)							
									-4 -2 0	+ +
								Fa		rs control

Review: Low intensity psychology interventions 02 Guided self help in $\it combined population$

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

Outcome 12: Depression (self-rated) outcome



Review: Low intensity psychology interventions 02 Guided self help in mixed anxiety population

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

Outcome 13: Depression (self-rated) outcome

	Guide	d self l	nelp	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
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]	◆
Heterogeneity: Not app	olicable								
Test for overall effect:	Z = 1.67	(P = 0.1	0)						
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	$r^2 = 4.43$	8, df = 1	(P = 0.0))4); l² =	77%			
Test for overall effect:	Z = 0.07	(P = 0.9)	94)						
9.5.3 versus TAU (fol	low up 3	month	s)						_
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 app	olicable								
Test for overall effect:	Z = 1.22	(P = 0.2)	22)						
9.5.4 versus TAU (fol	low up 9	month	s)						_
VanBoiejen2005	10.3	7.9	53	7.2	4.9	26	100.0%	0.43 [-0.04, 0.91]	+
Subtotal (95% CI)			53			26	100.0%	0.43 [-0.04, 0.91]	
Heterogeneity: Not app	olicable								
Test for overall effect:	Z = 1.79	(P = 0.0))7)						
									-2 -1 0 1 2
								Favou	irs experimental Favours control

Review: Low intensity psychology interventions 02 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome 14: Depression (self-rated) outcome

	Guide	Guided 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
10.5.1 versus WLC									
Titov2009 Subtotal (95% CI)	6.67	5.68	24 24	11.76	6.18	21 21	100.0% 100.0 %	-0.85 [-1.46, -0.23	•
Heterogeneity: Not ap	plicable								
Test for overall effect	Z = 2.70	(P = 0.0)	007)						
									-2 -1 0 1 2
									Favours experimental Favours control

Review: Low intensity psychology interventions 02 Guided self help in *combined population*

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

Outcome 15:Worry outcome

	Guide	ed self h	nelp	inacti	inactive control		;	Std. Mean Difference	e Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 9	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]		•		
Heterogeneity: Not app	olicable											
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	i ² = 7.71	, df = 1	(P = 0.0)	005); l ²	= 87%			+	 		+
Test for overall effect: $Z = 0.66$ (P = 0.51)							Fo	•	-2 0	2	4	
Test for subgroup diffe	rences:	Chi² = 7.	.71. df =	1 (P =	0.005).	$l^2 = 87$.0%	га	vours expe	ennemal Fav	ours con	liUl

Review: Low intensity psychology interventions 02 Guided self help in *mixed anxiety population* Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome 16:Worry outcome

	Guide	d self h	nelp	inacti	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	5% CI	
9.8.1 versus TAU											
VanBoiejen2005 (1)	53.9	12.7	53	51.8	11.9	26	100.0%	0.17 [-0.30, 0.64]	-	-	
Subtotal (95% CI)			53			26	100.0%	0.17 [-0.30, 0.64]		•	
Heterogeneity: Not app	olicable										
Test for overall effect: 2	Z = 0.70	(P = 0.4)	9)								
9.8.2 versus TAU (foli	low up 3	month	s)								
VanBoiejen2005 (2)	53.2	12.2	53	50.1	14.4	26	100.0%	0.24 [-0.23, 0.71]	-	_	
Subtotal (95% CI)			53			26	100.0%	0.24 [-0.23, 0.71]	•	>	
Heterogeneity: Not app	olicable										
Test for overall effect: 2	Z = 0.99	(P = 0.3)	2)								
9.8.3 versus TAU (foll	low up 9	month	s)							_	
VanBoiejen2005 (3)	51.9	12.8	53	46.6	11.7	26	100.0%	0.42 [-0.05, 0.90]	+	_	
Subtotal (95% CI)			53			26	100.0%	0.42 [-0.05, 0.90]	•	>	
Heterogeneity: Not app	olicable										
Test for overall effect: 2	Z = 1.74	(P = 0.0)	8)								
									-2 -1 0	1	
								F	avours experimental Favo	ours control	

(1) vs TAU

(2) vs TAU, 3 mths

(3) vs TAU, 9 mths

Review: Low intensity psychology interventions 02 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome 17:Worry outcome

	Guid	ed self l	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		
10.8.2 versus WLC											
Titov2009 Subtotal (95% CI)	56.75	10.78	24 24	66.14	8.7	21 21	100.0% 100.0 %	-0.93 [-1.55, -0.32] -0.93 [-1.55, -0.32]			
Heterogeneity: Not ap Test for overall effect:		(P = 0.0	003)								
									-2 -1 0 1 2		
								Fa	vours experimental Favours control		

Review: Low intensity psychology interventions 02 Guided self help in combined population

Comparator: Waitlist control (WLC)

Outcome 18:Non remission outcome

	Guided self he		inactive c	ontrol		Risk Ratio	Risk Ratio		
Study or Subgroup	Events	Total	al Events Total Weight M-H, Random, 95%		M-H, Random, 95% CI	M-H, Random, 95% CI			
8.2.1 versus WLC									
Lucock2008	42	48	42	48	53.4%	1.00 [0.86, 1.16]	+		
Titov2009	11	24	20	21	46.6%	0.48 [0.31, 0.75]	-		
Subtotal (95% CI)		72		69	100.0%	0.71 [0.32, 1.59]			
Total events	53		62						
Heterogeneity: Tau ² =	0.31; Chi ² = 1	11.83, df	= 1 (P = 0.0	006); I ² =	= 92%				
Test for overall effect:	Z = 0.83 (P =	0.41)							
							0.2 0.5 1 2 5		
						Fav	o.z o.s i z s		

Review: Low intensity psychology interventions 02 Guided self help in mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome 19:Non remission outcome

	Guided sel	lf help	inactive c	ontrol		Risk Ratio	Risk	Ratio
Study or Subgroup	Events Total		Events Total		Weight	M-H, Random, 95% CI	M-H, Rand	lom, 95% CI
9.2.1 versus WLC								
Lucock2008 Subtotal (95% CI)	42	48 48	42	48 48	100.0% 100.0%	1.00 [0.86, 1.16] 1.00 [0.86, 1.16]	-	
Total events Heterogeneity: Not ap Test for overall effect:	•	1.00)	42					
	_ 0.00 (.	,						
							0.5 0.7	1 1.5 2
						Fav	vours experimental	Favours control

Review: Low intensity psychology interventions 02 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome 20:Non remission outcome

	Guided sel	lf help	inactive c	ontrol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95%	CI M-H, Random, 95% CI
10.2.1 versus WLC							_
Titov2009 Subtotal (95% CI)	11	24 24	20	21 21	100.0% 100.0%	0.48 [0.31, 0.75 0.48 [0.31, 0.75	•
Total events Heterogeneity: Not ap	11 plicable		20				
Test for overall effect:	Z = 3.22 (P =	0.001)					
						ı	0.2 0.5 1 2 5 Favours experimental Favours control

Review: Low intensity psychology interventions 02 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome 21:Non response outcome

	Guided sel	f help	inactive c	inactive control		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% CI
10.3.1 versus WLC							
Titov2009 Subtotal (95% CI)	15	24 24	21	21 21	100.0% 100.0%	0.63 [0.46, 0.87] 0.63 [0.46, 0.87]	
Total events Heterogeneity: Not ap Test for overall effect:	•	0.004)	21				
						Fa	0.5 0.7 1 1.5 2

Review: Low intensity psychology interventions 02 Guided self help in combined population

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

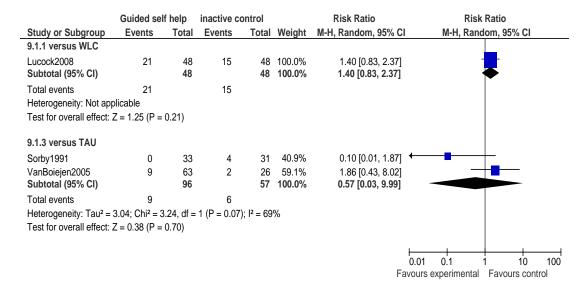
Outcome 22:Drop out outcome

	Guided sel	f help	inactive c	ontrol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	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 = Test for overall effect:	•		1 (P = 0.43	3); I ² = 0%	6		
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 = Test for overall effect:	•		1 (P = 0.07	'); I ² = 69	%		
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	.06, df =	3 (P = 0.25	i); I ² = 26	%	H	1005 04 4 40 200
Test for overall effect:	Z = 0.97 (P =	0.33)					0.005 0.1 1 10 200 purs experimental Favours control

Review: Low intensity psychology interventions 02 Guided self help in mixed anxiety population

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

Outcome 23:Drop out outcome



Review: Low intensity psychology interventions 02 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

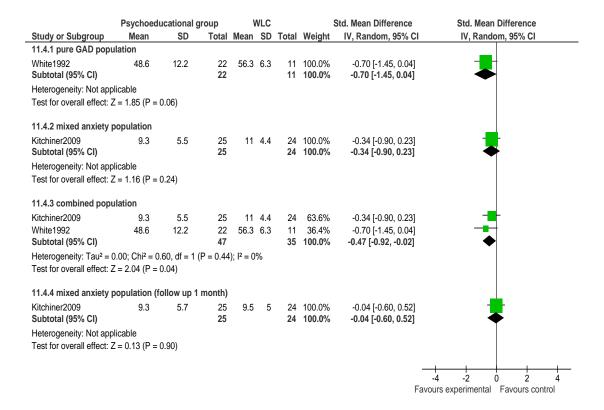
Outcome 24:Drop out outcome

	Guided sel	f help	inactive c	ontrol		Risk Ratio	Risk	Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95%	CI M-H, Ran	dom, 95% CI		
10.1.1 versus WLC										
Titov2009 Subtotal (95% CI)	6	24 24	2	21 21	100.0% 100.0 %	2.63 [0.59, 11.64 2.63 [0.59, 11.6 4	•			
Total events Heterogeneity: Not ap Test for overall effect:	•	0.20)	2							
							0.01 0.1	1 10	100	

Review: Low intensity psychology interventions 03 Psychoeducational group

Comparator: Waitlist control (WLC)

Outcome 25:Anxiety (self-rated) outcome



Review: Low intensity psychology interventions 03 Psychoeducational group

Comparator: Waitlist control (WLC)

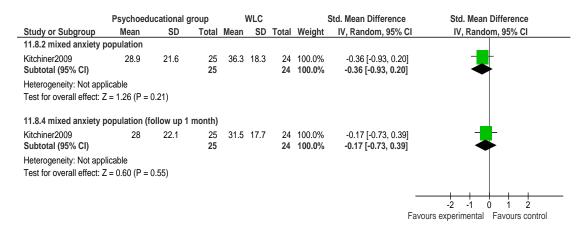
Outcome 26: Depression (self-rated) outcome

	Psycho	Psychoeducational group			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		
11.5.1 pure GAD pop	ulation										
White1992	-5.5	14.286357	22	1.3	9.2633687		100.0%	-0.51 [-1.25, 0.22]			
Subtotal (95% CI)			22			11	100.0%	-0.51 [-1.25, 0.22]			
Heterogeneity: Not app											
Test for overall effect:	Z = 1.37 (P	= 0.17)									
11.5.2 mixed anxiety	population								_		
Kitchiner2009	17.4	11	25	23	11.4	24	100.0%	-0.49 [-1.06, 0.08]			
Subtotal (95% CI)			25			24	100.0%	-0.49 [-1.06, 0.08]	•		
Heterogeneity: Not app	olicable										
Test for overall effect:	Z = 1.69 (P	= 0.09)									
11.5.3 combined pop	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 = Test for overall effect:		,	9 = 0.96);	l ² = 0%)						
11.5.4 mixed anxiety	population	(follow up 1 n	nonth)								
Kitchiner2009	17.2	11.7	25	19.5	12.8	24	100.0%	-0.18 [-0.75, 0.38]	-		
Subtotal (95% CI)			25			24	100.0%	-0.18 [-0.75, 0.38]	~		
Heterogeneity: Not app	olicable										
Test for overall effect:	Z = 0.64 (P	= 0.52)									
								_	-2 -1 0 1 2		
								F	avours experimental Favours control		

Review: Low intensity psychology interventions 03 Psychoeducational group

Comparator: Waitlist control (WLC)

Outcome 27: Worry outcome



Review: Low intensity psychology interventions 03 Psychoeducational group

Comparator: Waitlist control (WLC)

Outcome 28: Drop outs

	Psychoeducational g	roup	WLC	;		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
11.1.1 pure GAD popu	ulation						
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 app	olicable						
Test for overall effect:	Z = 0.96 (P = 0.34)						
11.1.2 mixed anxiety	population						
Kitchiner2009 (1)	9	25	0	0		Not estimable	
Subtotal (95% CI)		25		0		Not estimable	
Total events	9		0				
Heterogeneity: Not app	olicable						
Test for overall effect: I	Not applicable						
Total (95% CI)		51		11	100.0%	4.00 [0.23, 68.57]	
Total events	13		0				
Heterogeneity: Not app	olicable						
Test for overall effect:	Z = 0.96 (P = 0.34)					E	0.01 0.1 1 10 100 avours experimental Favours control
Test for subgroup diffe (1) CBT, no drop out	• • • • • • • • • • • • • • • • • • • •					Га	avours experimental Favours control

Review: Low intensity psychology interventions 04 Different treatment comparisons

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

Audiotherapy

Outcome 29: Anxiety (self-rated) outcome

		atmen			nparat			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 into	•								
VanBoiejen2005 Subtotal (95% CI)	48.9	11.9	53 53	45.3	12.1		100.0% 100.0 %	0.30 [-0.07, 0.67] 0.30 [-0.07, 0.67]	
Heterogeneity: Not app									
Test for overall effect: 2	Z = 1.59	(P = 0)	.11)						
13.3.2 biblio vs audio	therapy								_
Kassinove1980 Subtotal (95% CI)	45.9	6.9	11 11	51.7	12.7	11 11	100.0% 100.0 %	-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 (group A	XM							_
Kitchiner2009 Subtotal (95% CI)	9.3	5.5	25 25	8.5	4.5	24 24	100.0% 100.0%	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 (group A	XM (fo	ollow u	p 1 mo	nth)				<u></u>
Kitchiner2009 Subtotal (95% CI)	9.3	5.7	25 25	9.2	5		100.0% 100.0%	0.02 [-0.54, 0.58] 0.02 [-0.54, 0.58]	
Heterogeneity: Not app	olicable								
Test for overall effect: 2	Z = 0.06	(P = 0)	.95)						
13.3.5 group CBT vs (group A	XM (fo	ollow u	p 3 mo	nth)				_
Kitchiner2009 Subtotal (95% CI)	10.2	5.3	25 25	9.1	4.3		100.0% 100.0%	0.22 [-0.34, 0.79] 0.22 [-0.34, 0.79]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.44)						
13.3.6 group CBT vs (group A	XM (fo	ollow u	p 6 mo	nth)				
Kitchiner2009 Subtotal (95% CI)	8.8	4.6	25 25	9	4		100.0% 100.0 %	-0.05 [-0.61, 0.51] -0.05 [-0.61, 0.51]	
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.87)						
13.3.7 low vs high into	ensity (Follow	up 3 i	month)					
VanBoiejen2005 Subtotal (95% CI)	46.6	12	53 53	43	13.2		100.0% 100.0%	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 into VanBoiejen2005		Follow 11.8	u p 9 ı 53		13.2	62	100.0%	0.15 [-0.22, 0.52]	
Subtotal (95% CI)	44.0	11.0	53 53	42.1	13.2		100.0%	0.15 [-0.22, 0.52] 0.15 [-0.22, 0.52]	—
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.42)						
									-1 -0.5 0 0.5

Review: Low intensity psychology interventions 04 Different treatment comparisons

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

Audiotherapy

Outcome 30: Depression (self-rated) outcome

	Tre	atmen	t	Con	nparat	or	;	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% C	CI IV, Random, 95% CI
13.5.1 low vs high in	tensity								<u></u>
VanBoiejen2005 Subtotal (95% CI)	12	9.1	53 53	9.8	8.2		100.0% 100.0%	0.25 [-0.11, 0.62] 0.25 [-0.11, 0.62]	·
Heterogeneity: Not ap Test for overall effect:	•	(P = 0).18)						
13.5.3 group CBT vs	group A	XM							
Kitchiner2009 Subtotal (95% CI)	17.4	11	25 25	16.1	13.5		100.0% 100.0 %	0.10 [-0.46, 0.66] 0.10 [-0.46, 0.66]	
Heterogeneity: Not ap Test for overall effect:	•	(P = 0).72)						
13.5.4 group CBT vs	group A	XM (fo	ollow u	p 1 mo	nth)				
Kitchiner2009 Subtotal (95% CI)	17.2	11.7	25 25	18.4	11.3		100.0% 100.0 %	-0.10 [-0.66, 0.46] -0.10 [-0.66, 0.46]	
Heterogeneity: Not ap Test for overall effect:	•	(P = 0).72)						
13.5.5 group CBT vs	group A	XM (fo	ollow u	p 3 mo	nth)				L
Kitchiner2009 Subtotal (95% CI)	18.7	10.8	25 25	17.8	12.8		100.0% 100.0 %	0.07 [-0.49, 0.64] 0.07 [-0.49, 0.64]	
Heterogeneity: Not ap Test for overall effect:	•	(P = 0).79)						
13.5.6 group CBT vs	group A	XM (fo	ollow u	p 6 mo	nth)				
Kitchiner2009 Subtotal (95% CI)	18.4	9.9	25 25	17.6	12		100.0% 100.0 %	0.07 [-0.49, 0.63] 0.07 [-0.49, 0.63]	
Heterogeneity: Not ap Test for overall effect:		(P = 0	0.80)						
13.5.7 low vs high in	tensity (Follow	/ up 3 n	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 ap Test for overall effect:	•	(P = 0).35)						
13.5.8 low vs high in	tensity (Follow	/ up 9 n	nonth)					
VanBoiejen2005 Subtotal (95% CI)	10.3	7.9	53 53	9.3	8.3		100.0% 100.0 %	0.12 [-0.24, 0.49] 0.12 [-0.24, 0.49]	
Heterogeneity: Not ap Test for overall effect:	•	(P = 0).51)						
		,	,						
									-1 -0.5 0 0.5 1
									Favours experimental Favours control

Review: Low intensity psychology interventions 04 Different treatment comparisons

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

Audiotherapy

Outcome 31: Worry outcome

	Tre	atmen	t	Con	nparat			Std. Mean Difference	•	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95%	CI	IV, Random, 95% CI	
13.9.2 low vs high int	ensity										
VanBoiejen2005 Subtotal (95% CI)	53.9	12.7	53 53	50.3	13.1	63 63	100.0% 100.0%	0.28 [-0.09, 0.64 0.28 [-0.09 , 0.6 4	•		
Heterogeneity: Not app Test for overall effect: 2		(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% 100.0 %	-0.28 [-0.84, 0.29 -0.28 [-0.84, 0.29	•		
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.34)								
13.9.4 group CBT vs	group A	XM (fo	ollow u	p 1 mo	nth)					_	
Kitchiner2009 Subtotal (95% CI)	28	22.1	25 25	37.4	22		100.0% 100.0 %	-0.42 [-0.99, 0.15 -0.42 [-0.99, 0.15			
Heterogeneity: Not app Test for overall effect: 2		(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% 100.0 %	-0.26 [-0.83, 0.3 -0.26 [-0.83, 0.3	•	*	
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.36)								
13.9.6 group CBT vs	group A	XM (fo	ollow u	p 6 mo	nth)						
Kitchiner2009 Subtotal (95% CI)	29.8	24.9	25 25	38.8	23.9		100.0% 100.0 %	-0.36 [-0.93, 0.20 -0.36 [-0.93, 0.20			
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.21)								
13.9.7 low vs high int	ensitv (l	Follow	r 8 gu v	nonth)							
VanBoiejen2005 Subtotal (95% CI)		12.2	53 53		13.4		100.0% 100.0%	0.35 [-0.02, 0.7] 0.35 [-0.02, 0.7]			
Heterogeneity: Not app		(D. 6						,	•		
Test for overall effect: 2	∠ = 1.85	(P = C	.06)								
13.9.8 low vs high int	• •		•	,	40.0	00	400.001	0.041.000.7.7	41		
VanBoiejen2005 Subtotal (95% CI)	51.9	12.8	53 53	47.5	12.9		100.0% 100.0%	0.34 [-0.03, 0.7 0.34 [-0.03, 0.7	•	-	
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.07)								
			,								
									-2	· · · · · · · · · · · · · · · · · · ·	
									_	perimental Favours cont	rol

Review: Low intensity psychology interventions 04 Different treatment comparisons

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

Audiotherapy

Outcome 32: Drop out

	Treatm	ent	Compar	ator		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	I M-H, Random, 95% CI
13.1.1 low versus hig	h intensit	у					
VanBoiejen2005 Subtotal (95% CI)	6	53 53	9	63 63	100.0% 100.0 %	0.79 [0.30, 2.08] 0.79 [0.30, 2.08]	*
Total events	6		9				
Heterogeneity: Not app							
Test for overall effect:	Z = 0.47 (F	P = 0.64	4)				
13.1.2 group CBT vs	group AX	М					<u></u>
Kitchiner2009	9	25	8	24		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:	Z = 0.20 (F	o = 0.84	4)				
							0.01 0.1 1 10 100
						Fa	avours experimental Favours control