# Appendix 16a: Low-intensity psychological interventions forest plots

Non-facilitated self-help	2
Guided self-help	9
Psychoeducational groups	23
Different treatment comparisons	

## 1 Non-facilitated self-help

## 1.1 Non-facilitated self-help in a combined population

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

Outcome: Anxiety (self-rated) outcome

	N	on-facilitate	d self-l	help In	active contr	ol	5	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 Subtotal (95% CI)	9.9	4	21 <b>135</b>	13.9	3.9	18 <b>108</b>	14.0% <b>87.0%</b>	-0.99 [-1.66, -0.32] <b>-0.74 [-1.01, -0.48]</b>	•
4.5.3 versus TAU									
4.5.3 versus TAO Maunder2009	10.89	4.1	10	13.87	4.19	16	13.0%	0.70[1.40.004]	
Subtotal (95% CI)	10.89	4.1	18	15.07	4.19	16	13.0%	-0.70 [-1.40, -0.01] <b>-0.70 [-1.40, -0.01]</b>	•
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 1.98	6 (P = 0.05)							
Total (95% CI)			153			124	100.0%	-0.74 [-0.99, -0.49]	♦
Heterogeneity: Tau <sup>2</sup> =	0.00; Cł	ni² = 1.88, df	= 5 (P	= 0.86);	$l^2 = 0\%$				-4 -2 0 2 4
Test for overall effect:	Z = 5.76	6 (P < 0.0000	1)					F	avours experimental Favours control

(1) change score

## 1.2 Non-facilitated self-help (SH) in a mixed anxiety population

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

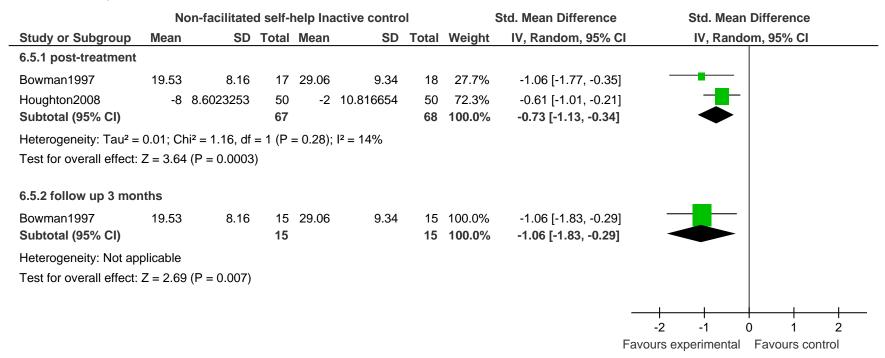
Outcome: Anxiety (self-rated)

	Non-	facilita	ated SI	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 <sup>2</sup> =	0.00; Ch	ni² = 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)					Fav	vours experimental Favours control		

(1) TAU

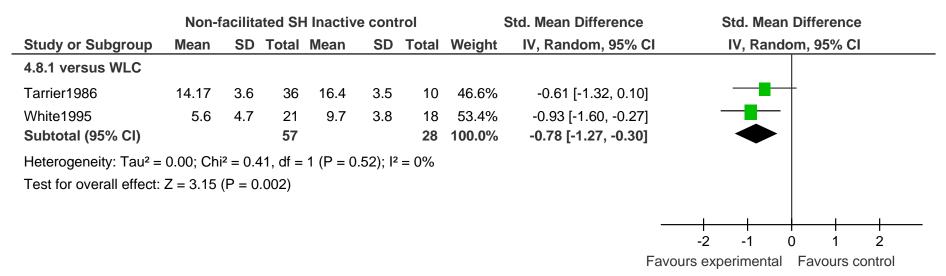
#### 1.3 Non-facilitated self-help in a pure GAD population

Comparator: Waitlist control (WLC)



## 1.4 Non-facilitated self-help (SH) in a mixed anxiety population

Comparator: Waitlist control (WLC)



## 1.5 Non-facilitated self-help (SH) in a mixed anxiety population

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

Outcome: Non-remission

	Non-faci	litated S	H Inactive	control		Risk Ratio	Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl			
4.2.1 versus WLC										
White1995	13	21	20	21	50.2%	0.65 [0.46, 0.92]				
Subtotal (95% Cl)		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	9 = 0.02)								
4.2.2 versus TAU										
Maunder2009	12	18	15	16	49.8%	0.71 [0.50, 1.01]				
Subtotal (95% Cl)		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	9 = 0.06)								
Total (95% CI)		39		37	100.0%	0.68 [0.53, 0.87]				
Total events	25		35							
Heterogeneity: Tau <sup>2</sup> =	0.00; Chi <sup>2</sup> :	= 0.13, di	<sup>i</sup> = 1 (P = 0.	72); l² =	0%	-				
Test for overall effect:	Z = 3.06 (P	= 0.002				<b>F</b>	0.5 0.7 1 1.5 ours experimental Favours cont			

## 1.6 Non-facilitated self-help (SH) in a combined population

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

Outcome: Dropouts

	Non-faci	litated S	H Inactive	control		Risk Ratio	Risk Ratio				
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	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]	$\blacklozenge$				
Total events	34		62								
Heterogeneity: Tau <sup>2</sup> =	0.01 · Chi <sup>2</sup> -	= 2.03. d	f = 2 (P = 0)	.36); l² =	1%						
neterogeneity. rau-=	0.01, 0111 -	, a	``								
0,			`								
Test for overall effect:			`								
Test for overall effect: 4.1.3 versus TAU			`	18	3.3%	0.90 [0.14, 5.74]					
Test for overall effect: 4.1.3 versus TAU Maunder2009	Z = 2.94 (P	= 0.003	)	18 <b>18</b>	3.3% <b>3.3</b> %	0.90 [0.14, 5.74] <b>0.90 [0.14, 5.74]</b>					
Test for overall effect: 4.1.3 versus TAU Maunder2009 Subtotal (95% CI)	Z = 2.94 (P	= 0.003	)								
Test for overall effect: 4.1.3 versus TAU Maunder2009 Subtotal (95% CI) Total events	Z = 2.94 (P 2 2	= 0.003	2								
Test for overall effect: 4.1.3 versus TAU Maunder2009 Subtotal (95% CI) Total events Heterogeneity: Not ap	Z = 2.94 (P 2 2 plicable	= 0.003 20 <b>20</b>	2								
Test for overall effect: 4.1.3 versus TAU Maunder2009 Subtotal (95% CI) Total events Heterogeneity: Not ap Test for overall effect: Total (95% CI)	Z = 2.94 (P 2 2 plicable	= 0.003 20 <b>20</b>	2	18							
Test for overall effect: 4.1.3 versus TAU Maunder2009 Subtotal (95% CI) Total events Heterogeneity: Not ap Test for overall effect:	Z = 2.94 (P 2 2 plicable	= 0.003 20 20 = 0.91)	2	18	3.3%	0.90 [0.14, 5.74]	•				
Test for overall effect: 4.1.3 versus TAU Maunder2009 Subtotal (95% CI) Total events Heterogeneity: Not ap Test for overall effect: Total (95% CI)	Z = 2.94 (P 2 plicable Z = 0.11 (P 36	= 0.003 20 20 = 0.91) <b>187</b>	) 2 2 64	18 185	3.3% 100.0%	0.90 [0.14, 5.74]					

(1) Not reported

#### 1.7 Non-facilitated self-help (SH) in a mixed anxiety population

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

Outcome: Dropouts



(1) TAU

#### 1.8 Non-facilitated self-help in a pure GAD population

Comparator: Waitlist control (WLC)

Outcome: Dropouts

	Non-faci	litated S	H Inactive	e contro	I	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 <sup>2</sup> =	0.13; Chi <sup>2</sup> :	= 1.19, d	f = 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 a combined population

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

	Guide	d self l	nelp	inacti	ve con	trol	\$	Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% C	IV, Random, 95% CI		
8.4.2 versus WLC											
Lucock2008	10.9	4.7	27	13.6	3.9	33	25.7%	-0.62 [-1.14, -0.10]			
Titov2009	6.92	4.4	24	12.29	4.26	21	23.5%	-1.22 [-1.86, -0.57]			
Subtotal (95% CI)			51			54	<b>49.1%</b>	-0.89 [-1.47, -0.31]	$\bullet$		
Heterogeneity: Tau <sup>2</sup> =	0.09; Chi	<sup>2</sup> = 1.98	3, df = 1	(P = 0.1	16); l² =	49%					
Test for overall effect:	Z = 3.01	(P = 0.0	003)								
8.4.3 versus TAU											
Sorby1991	8.1	4.3	27	7.7	5.63	18	24.3%	0.08 [-0.52, 0.68]	<b>_</b>		
VanBoeijen2005	48.9	11.9	53	46.8	9.6	26	26.6%	0.19 [-0.28, 0.66]			
Subtotal (95% CI)			80			44	50.9%	0.15 [-0.22, 0.51]	<b>•</b>		
Heterogeneity: Tau <sup>2</sup> =	0.00; Chi	<sup>2</sup> = 0.07	7, df = 1	(P = 0.7	79); l² =	: 0%					
Test for overall effect:	Z = 0.77	(P = 0.4	14)								
Total (95% CI)			131			98	100.0%	-0.38 [-0.99, 0.24]	•		
Heterogeneity: Tau <sup>2</sup> =	0.32; Chi	² = 14.9	96, df =	3 (P = 0	.002); I	² = 80%	6				
Test for overall effect:	Z = 1.20	(P = 0.2	23)					F			
Test for subgroup diffe		•		= 1 (P =	= 0.000	3),  ² =	92.3%	F	avours experimental Favours control		

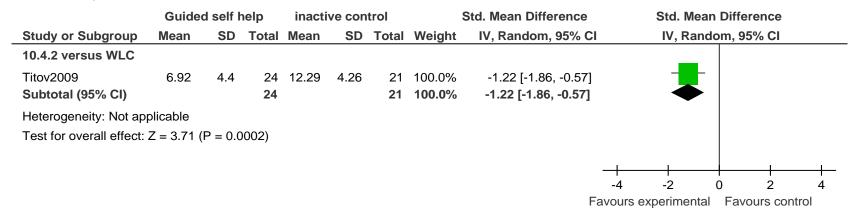
## 2.2 Guided self-help in a mixed anxiety population

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

	Guide	d self h	nelp	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	
9.3.1 versus TAU										
Sorby1991	8.1	4.3	27	7.7	5.63	18	38.3%	0.08 [-0.52, 0.68]	<b>_</b>	
VanBoeijen2005	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 <sup>2</sup> =	0.00; Chi	<sup>2</sup> = 0.07	′, df = 1	(P = 0.7	79); I² =	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 app	plicable									
Test for overall effect:	Z = 2.34 (	(P = 0.0)	)2)							
9.3.3 versus TAU (fol	llow up 3	month	s)						L	
<b>9.3.3 versus TAU (fol</b> VanBoeijen2005	l <b>low up 3</b> 46.6	month 12	<b>s)</b> 53	45.3	11.9	26	100.0%	0.11 [-0.36, 0.58]		
				45.3	11.9	26 <b>26</b>	100.0% <b>100.0%</b>	0.11 [-0.36, 0.58] <b>0.11 [-0.36, 0.58]</b>	-	
VanBoeijen2005	46.6		53	45.3	11.9			. , .		
VanBoeijen2005 Subtotal (95% CI)	46.6 plicable	12	53 <b>53</b>	45.3	11.9			. , .	-	
VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not ap	46.6 plicable Z = 0.45 (	12 (P = 0.6	53 <b>53</b> 55)	45.3	11.9			. , .		
VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not app Test for overall effect: 9.3.4 versus TAU (fol	46.6 plicable Z = 0.45 (	12 (P = 0.6	53 <b>53</b> 55)	45.3 41.3	11.9	26		. , .		
VanBoeijen2005 <b>Subtotal (95% CI)</b> Heterogeneity: Not ap Test for overall effect:	46.6 plicable Z = 0.45 (	12 (P = 0.6 <b>month</b>	53 53 53 55) s)			26	100.0%	0.11 [-0.36, 0.58]		
VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 9.3.4 versus TAU (fol VanBoeijen2005	46.6 plicable Z = 0.45 ( llow up 9 44.6	12 (P = 0.6 <b>month</b>	53 53 53 55) s) 53			<b>26</b>	<b>100.0%</b>	<b>0.11 [-0.36, 0.58]</b> 0.29 [-0.19, 0.76]		
VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not app Test for overall effect: 9.3.4 versus TAU (fol VanBoeijen2005 Subtotal (95% CI)	46.6 plicable Z = 0.45 ( I <b>low up 9</b> 44.6 plicable	12 (P = 0.6 <b>month</b> 11.8	53 53 55) 5) 53 53 53			<b>26</b>	<b>100.0%</b>	<b>0.11 [-0.36, 0.58]</b> 0.29 [-0.19, 0.76]		
VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 9.3.4 versus TAU (fol VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not ap	46.6 plicable Z = 0.45 ( I <b>low up 9</b> 44.6 plicable	12 (P = 0.6 <b>month</b> 11.8	53 53 55) 5) 53 53 53			<b>26</b>	<b>100.0%</b>	<b>0.11 [-0.36, 0.58]</b> 0.29 [-0.19, 0.76]		

## 2.3 Guided self-help in a pure GAD population

Comparator: Waitlist control (WLC)



## 2.4 Guided self-help in a combined population

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

	Guide	d self l	nelp	inacti	ve con	trol	:	Std. Mean Difference	5	Std. Me	an Diff	erence	9
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Rar	dom, s	95% C	I
8.5.1 versus WLC													
Lucock2008	6.9	4	27	9.1	5	33	25.8%	-0.47 [-0.99, 0.04]			<b>-</b>		
Titov2009	6.67	5.68	24	11.76	6.18	21	23.7%	-0.85 [-1.46, -0.23]		-	-		
Subtotal (95% CI)			51			54	49.5%	-0.63 [-1.02, -0.23]			▶		
Heterogeneity: Tau <sup>2</sup> =	0.00; Chi	<sup>2</sup> = 0.82	2, df = 1	(P = 0.3	36); l² =	: 0%							
Test for overall effect: 2	Z = 3.12	(P = 0.0	002)										
8.5.3 versus TAU													
Sorby1991	3.4	3.15	25	5	4.63	18	23.7%	-0.41 [-1.02, 0.20]			∎┼		
VanBoeijen2005	12	9.1	53	8.4	6.9	26	26.8%	0.42 [-0.05, 0.90]					
Subtotal (95% CI)			78			44	50.5%	0.03 [-0.78, 0.84]			$\blacklozenge$		
Heterogeneity: Tau <sup>2</sup> =	0.27; Chi	<sup>2</sup> = 4.43	3, df = 1	(P = 0.0	04); l² =	77%							
Test for overall effect:	Z = 0.07	(P = 0.9	94)										
Total (95% CI)			129			98	100.0%	-0.31 [-0.86, 0.25]					
Heterogeneity: Tau <sup>2</sup> =	0.24; Chi	<sup>2</sup> = 12.3	31, df =	3 (P = 0	.006): I	<sup>2</sup> = 76%	6						
Test for overall effect:				,	,,			-	-2	-1	0	1	2
Test for subgroup diffe				= 1 (P =	0.008).	l² = 85	.8%	Fa	vours exp	eriment	ai ⊦a	vours	control

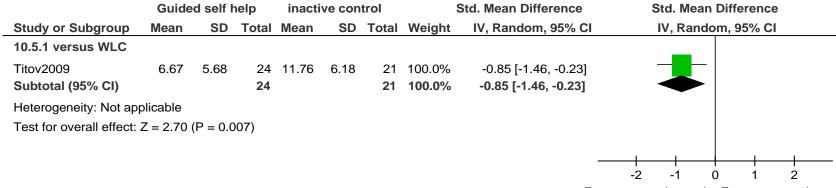
## 2.5 Guided self-help in a mixed anxiety population

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

	Guide	ed self l	nelp	inacti	ve con	trol	:	Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	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]	$\bullet$		
Heterogeneity: Not ap	plicable										
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]			
VanBoeijen2005	12	9.1	53	8.4	6.9	26	52.8%	0.42 [-0.05, 0.90]	<b>⊢</b> ∎−		
Subtotal (95% CI)			78			44	100.0%	0.03 [-0.78, 0.84]	$ \rightarrow $		
Heterogeneity: Tau <sup>2</sup> =	0.27; Chi	i² = 4.43	3, df = 1	(P = 0.0	04); I² =	: 77%					
Test for overall effect:	Z = 0.07	(P = 0.9	94)								
9.5.3 versus TAU (fo	llow up 3	month	s)								
VanBoeijen2005	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]	<b>•</b>		
Heterogeneity: Not ap	plicable										
Test for overall effect:	Z = 1.22	(P = 0.2	22)								
9.5.4 versus TAU (fo	llow up 9	month	s)								
VanBoeijen2005	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 ap	plicable										
Test for overall effect:	Z = 1.79	(P = 0.0	)7)								
									-2 -1 0 1 2 Irs experimental Favours contro		

## 2.6 Guided self-help in a pure GAD population

Comparator: Waitlist control (WLC)

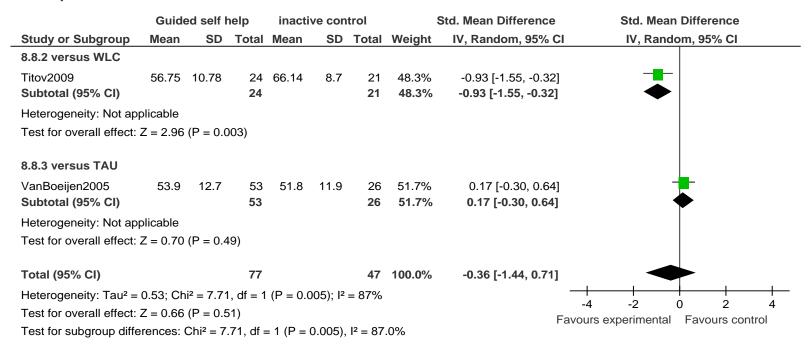


Favours experimental Favours control

#### 2.7 Guided self-help in a combined population

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

Outcome: Worry



## 2.8 Guided self-help in a mixed anxiety population

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

Outcome: Worry

	Guide	d self h	nelp	inacti	ve con	trol	:	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
9.8.1 versus TAU									
VanBoeijen2005 (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]	<b>•</b>
Heterogeneity: Not app	olicable								
Test for overall effect:	Z = 0.70	(P = 0.4	19)						
9.8.2 versus TAU (fol	low up 3	month	s)						
VanBoeijen2005 (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:	Z = 0.99	(P = 0.3	32)						
9.8.3 versus TAU (fol	low up 9	month	s)						
VanBoeijen2005 (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:	Z = 1.74	(P = 0.0	)8)						
									-2 -1 0 1 2
									Favours experimental Favours control

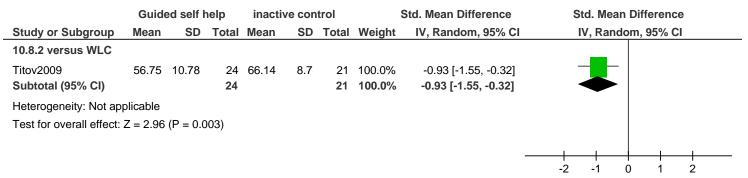
(1) vs TAU(2) vs TAU, 3 mths(3) vs TAU, 9 mths

Appendix 16a

## 2.9 Guided self-help in a pure GAD population

#### Comparator: Waitlist control (WLC)

#### Outcome: Worry



Favours experimental Favours control

0.2

0.5

1 Favours experimental Favours control

2

5

#### 2.10 Guided self-help in a combined population

Comparator: Waitlist control (WLC)

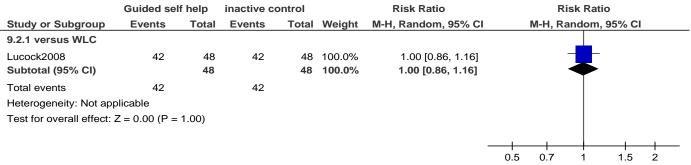
Outcome: Non-remission

	Guided se	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		
8.2.1 versus WLC									
Lucock2008	42	48	42	48	53.4%	1.00 [0.86, 1.16]	<b>+</b>		
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 <sup>2</sup> =	0.31; Chi <sup>2</sup> =	11.83, df	= 1 (P = 0.0)	0006); l² =	= 92%				
Test for overall effect:	Z = 0.83 (P =	0.41)							

#### 2.11 Guided self-help in a mixed anxiety population

#### Comparator: Waitlist control (WLC)

#### Outcome: Non-remission



Favours experimental Favours control

#### 2.12 Guided self-help in a pure GAD population

Comparator: Waitlist control (WLC)

#### Outcome: Non-remission

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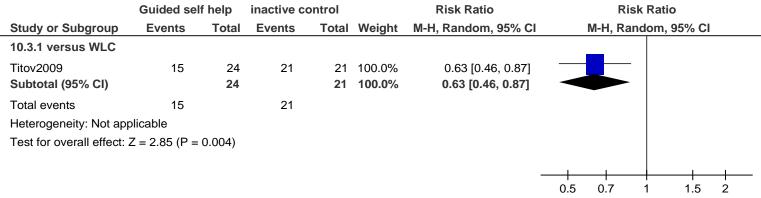
	Guided se	lf help	inactive c	ontrol		Risk Ratio		Risk	Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	I	M-H, Rand	om, 95% Cl	
10.2.1 versus WLC										
Titov2009	11	24	20	21	100.0%	0.48 [0.31, 0.75]		—		
Subtotal (95% CI)		24		21	100.0%	0.48 [0.31, 0.75]				
Total events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

Favours experimental Favours control

## 2.13 Guided self-help in a pure GAD population

#### Comparator: Waitlist control (WLC)

#### Outcome: Non-response



Favours experimental Favours control

## 2.14 Guided self-help in a combined population

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

Outcome: Dropout

	Guided se	f help	inactive c	ontrol		Risk Ratio		Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	I M-	H, Random, 95% Cl
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 <sup>2</sup> =	0.00; $Chi^2 = 0$	).62, df =	= 1 (P = 0.43	s); l <sup>2</sup> = 0%	6			
Test for overall effect:	Z = 1.60 (P =	0.11)						
8.1.3 versus TAU								
Sorby1991	0	33	4	31	5.7%	0.10 [0.01, 1.87]		•
VanBoeijen2005	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 <sup>2</sup> =	3.04; Chi <sup>2</sup> = 3	3.24, df =	= 1 (P = 0.07	); I <sup>2</sup> = 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 <sup>2</sup> =	0.16; Chi <sup>2</sup> = 4	I.06, df =	= 3 (P = 0.25	); I <sup>2</sup> = 26	%			
Test for overall effect:	Z = 0.97 (P =	0.33)				Га	0.005 0	.1 1 10 20 imental Favours control

## 2.15 Guided self-help in a mixed anxiety population

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

Outcome: Dropout

	Guided se	It help	inactive c	ontrol		Risk Ratio		R	isk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	I	M-H, Ra	andom, 95% Cl
9.1.1 versus WLC									
Lucock2008	21	48	15	48	100.0%	1.40 [0.83, 2.37]			-
Subtotal (95% CI)		48		48	100.0%	1.40 [0.83, 2.37]			•
Total events	21		15						
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 1.25 (P =	0.21)							
9.1.3 versus TAU									
Sorby1991	0	33	4	31	40.9%	0.10 [0.01, 1.87]	•		<u> </u>
VanBoeijen2005	9	63	2	26	59.1%	1.86 [0.43, 8.02]			
Subtotal (95% CI)		96		57	100.0%	0.57 [0.03, 9.99]	_		
Total events	9		6						
Heterogeneity: Tau <sup>2</sup> =	3.04; Chi <sup>2</sup> = 3	3.24, df =	1 (P = 0.07	'); I² = 69	%				
		0.70)							
Test for overall effect:	Z = 0.38 (P =	0.70)							
Test for overall effect:	Z = 0.38 (P =	0.70)							
Test for overall effect:	Z = 0.38 (P =	0.70)					↓ 0.01	0.1	1 10

## 2.16 Guided self-help in a pure GAD population

Comparator: Waitlist control (WLC)

Outcome: Dropout

	Guided sel	f help	inactive c	ontrol		<b>Risk Ratio</b>		Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	M-I	H, Random, 95% Cl		
10.1.1 versus WLC										
Titov2009	6	24	2	21	100.0%	2.63 [0.59, 11.64]				
Subtotal (95% CI)		24		21	100.0%	2.63 [0.59, 11.64]				
Total events	6		2							
Heterogeneity: Not ap	plicable									
Test for overall effect:	Z = 1.27 (P =	0.20)								
							0.01 0.1	1 10		

Favours experimental Favours control

## **3** Psychoeducational groups

## 3.1 Psychoeducational groups in a mixed anxiety population

Comparator: Waitlist control (WLC)

	Psychoedu	cational g	roup	v	VLC		;	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl
11.4.1 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	olicable								
Test for overall effect: 2	Z = 1.85 (P = 0	0.06)							
11.4.2 mixed anxiety	population								
Kitchiner2009	9.3	5.5	25	11	4.4	24	100.0%	-0.34 [-0.90, 0.23]	
Subtotal (95% CI)			25			24	100.0%	-0.34 [-0.90, 0.23]	➡
Heterogeneity: Not app	olicable								
Test for overall effect: 2	Z = 1.16 (P = 0	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]	$\bullet$
Heterogeneity: Tau <sup>2</sup> = 0	0.00; Chi <sup>2</sup> = 0.	60, df = 1 (	(P = 0.44	l); l <sup>2</sup> = 0	%				
Test for overall effect: 2	Z = 2.04 (P = 0	0.04)							
11.4.4 mixed anxiety	population (f	ollow up 1	month)						
Kitchiner2009	9.3	5.7	25	9.5	5	24	100.0%	-0.04 [-0.60, 0.52]	
Subtotal (95% CI)			25			24	100.0%	-0.04 [-0.60, 0.52]	•
Heterogeneity: Not app	olicable								
Test for overall effect: 2	Z = 0.13 (P = 0	0.90)							
									+ + + + + + + + + + + + + + + + + + +

Favours experimental Favours control

## 3.2 Psychoeducational groups in a mixed anxiety population

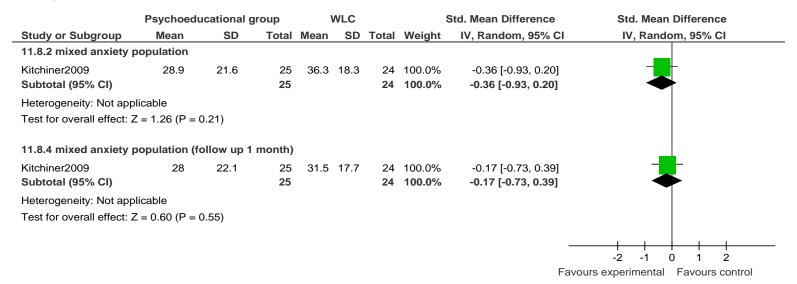
## Comparator: Waitlist control (WLC)

	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% CI
11.5.1 pure GAD popu	lation								
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	licable								
Test for overall effect: Z	2 = 1.37 (P	= 0.17)							
11.5.2 mixed anxiety p	opulation								
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 appl	licable								
Test for overall effect: Z	2 = 1.69 (P	= 0.09)							
11.5.3 combined popu	lation								
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]	$\bullet$
Heterogeneity: Tau <sup>2</sup> = 0	0.00; Chi² =	= 0.00, df = 1 (F	<b>P</b> = 0.96)	$I^2 = 0\%$	, D				
Test for overall effect: Z	2 = 2.18 (P	= 0.03)							
11.5.4 mixed anxiety p	opulation	(follow up 1 r	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 appl	licable								
Test for overall effect: Z	2 = 0.64 (P	= 0.52)							
									-2 -1 0 1 2
								Fav	ours experimental Favours control

#### 3.3 Psychoeducational groups in a mixed anxiety population

#### Comparator: Waitlist control (WLC)

#### Outcome: Worry



## 3.4 Psychoeducational groups in a mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Dropout

I	Psychoeducational g	roup	WLC	;		<b>Risk Ratio</b>	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% 0	CI M-H, Random, 95% CI
11.1.1 pure GAD popula	ation						
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 applic	cable						
Test for overall effect: Z =	= 0.96 (P = 0.34)						
11.1.2 mixed anxiety po	opulation						
Kitchiner2009 (1)	9	25	0	0		Not estimable	
Subtotal (95% CI)		25		0		Not estimable	2
Total events	9		0				
Heterogeneity: Not applic	cable						
Test for overall effect: No	ot applicable						
Total (95% CI)		51		11	100.0%	4.00 [0.23, 68.57]	
Total events	13		0				
Heterogeneity: Not applic	cable						
Test for overall effect: Z =	= 0.96 (P = 0.34)					c	0.01 0.1 1 10 10 Favours experimental Favours control
Test for subgroup different (1) CBT, no drop out da	••					Г	Favours experimental Favours control

## 4 Different treatment comparisons

## 4.1 Different treatment comparisons for a mixed anxiety population

Comparator: High-intensity standard CBT; psychoeducational group anxiety management (AXM); audiotherapy

Outcome: Anxiety (self-rated)

See next page.

Study or Subgroup	ne	atmen	t	Con	nparate	or		Std. Mean Difference	Std. Mean Difference
	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% Cl
13.3.1 low vs high in	tensity								
VanBoeijen2005 Subtotal (95% CI)	48.9	11.9	53 <b>53</b>	45.3	12.1	63 63	100.0% 1 <b>00.0%</b>	0.30 [-0.07, 0.67] <b>0.30 [-0.07, 0.67]</b>	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 1.59	(P = 0	).11)						
13.3.2 biblio vs audio	otherapy								
Kassinove1980 Subtotal (95% CI)	45.9	6.9	11 11	51.7	12.7	11 11	100.0% 1 <b>00.0%</b>	-0.55 [-1.40, 0.31] <b>-0.55 [-1.40, 0.31]</b>	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 1.25	(P = 0	).21)						
13.3.3 group CBT vs	group A	ХМ							
Kitchiner2009	9.3	5.5	25	8.5	4.5	24	100.0%	0.16 [-0.40, 0.72]	
Subtotal (95% CI)			25			24	100.0%	0.16 [-0.40, 0.72]	
Heterogeneity: Not ap Test for overall effect:	-	(P = 0	).58)						
13.3.4 group CBT vs	group A	XM (fo	ollow u	ip 1 mo	onth)				
Kitchiner2009	9.3	5.7	25	9.2	5	24	100.0%	0.02 [-0.54, 0.58]	
Subtotal (95% CI)			25			24	100.0%	0.02 [-0.54, 0.58]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.06	(P = 0	).95)						
13.3.5 group CBT vs	group A	XM (fo	ollow u	ip 3 mo	onth)				
Kitchiner2009 Subtotal (95% CI)	10.2	5.3	25 25	9.1	4.3	24 24	100.0%	0.22 [-0.34, 0.79] 0 22 [-0 34, 0 79]	
Subtotal (95% CI)		5.3	25 <b>25</b>	9.1	4.3		100.0% 1 <b>00.0%</b>	0.22 [-0.34, 0.79] <b>0.22 [-0.34, 0.79]</b>	
	plicable		25	9.1	4.3				
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect:	plicable Z = 0.78	(P = 0	<b>25</b> ).44)						
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs	plicable Z = 0.78 group A	(P = 0 XM (fo	25 ).44) ollow u	ıp 6 mo	onth)	24	100.0%	0.22 [-0.34, 0.79]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009	plicable Z = 0.78	(P = 0	<b>25</b> ).44)			<b>24</b> 24	<b>100.0%</b>	<b>0.22</b> [-0.34, 0.79]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009 Subtotal (95% CI)	plicable Z = 0.78 group A 8.8	(P = 0 XM (fo	25 ).44) ollow u 25	ıp 6 mo	onth)	<b>24</b> 24	100.0%	0.22 [-0.34, 0.79]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009	plicable Z = 0.78 group A 8.8 plicable	(P = 0 <b>XM (f</b> e 4.6	25 ).44) biliow u 25 25	ıp 6 mo	onth)	<b>24</b> 24	<b>100.0%</b>	<b>0.22</b> [-0.34, 0.79]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009 Subtotal (95% CI) Heterogeneity: Not ap	plicable Z = 0.78 group A 8.8 plicable Z = 0.16	(P = 0 XM (fo 4.6 (P = 0	25 ).44) 25 25 ).87)	ı <b>p 6 mo</b> 9	nth) 4	<b>24</b> 24	<b>100.0%</b>	<b>0.22</b> [-0.34, 0.79]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.7 low vs high in: VanBoeijen2005	plicable Z = 0.78 group A 8.8 plicable Z = 0.16	(P = 0 XM (fo 4.6 (P = 0 Follow	25 0.44) 25 25 0.87) 7 up 3 i 53	ip 6 mo 9 nonth)	nth) 4	24 24 24 63	100.0% 100.0% 100.0%	0.22 [-0.34, 0.79] -0.05 [-0.61, 0.51] -0.05 [-0.61, 0.51] 0.28 [-0.08, 0.65]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.7 low vs high in VanBoeijen2005 Subtotal (95% CI)	plicable Z = 0.78 group A 8.8 plicable Z = 0.16 tensity (1 46.6	(P = 0 XM (fo 4.6 (P = 0 Follow	25 0.44) 25 25 0.87) 7 up 3 i	ip 6 mo 9 nonth)	onth) 4	24 24 24 63	100.0% 100.0% 100.0%	0.22 [-0.34, 0.79] -0.05 [-0.61, 0.51] -0.05 [-0.61, 0.51]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.7 low vs high in VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not ap	plicable Z = 0.78 group A 8.8 plicable Z = 0.16 tensity (l 46.6 plicable	(P = 0 XM (fo 4.6 (P = 0 Follow 12	25 0.44) 25 25 0.87) 7 up 3 i 53 53	ip 6 mo 9 nonth)	onth) 4	24 24 24 63	100.0% 100.0% 100.0%	0.22 [-0.34, 0.79] -0.05 [-0.61, 0.51] -0.05 [-0.61, 0.51] 0.28 [-0.08, 0.65]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.7 low vs high in VanBoeijen2005 Subtotal (95% CI)	plicable Z = 0.78 group A 8.8 plicable Z = 0.16 tensity (l 46.6 plicable	(P = 0 XM (fo 4.6 (P = 0 Follow 12	25 0.44) 25 25 0.87) 7 up 3 i 53 53	ip 6 mo 9 nonth)	onth) 4	24 24 24 63	100.0% 100.0% 100.0%	0.22 [-0.34, 0.79] -0.05 [-0.61, 0.51] -0.05 [-0.61, 0.51] 0.28 [-0.08, 0.65]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.7 low vs high in: VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.8 low vs high in:	plicable Z = 0.78 group A 8.8 plicable Z = 0.16 tensity (I 46.6 plicable Z = 1.51 tensity (I	(P = C 4.6 (P = C Follow 12 (P = C Follow	25 0.44) 0 llow u 25 25 0.87) v up 3 i 53 53 0.13) v up 9 i	np 6 mo 9 month) 43 month)	13.2	24 24 24 63 63	100.0% 100.0% 100.0% 100.0%	0.22 [-0.34, 0.79] -0.05 [-0.61, 0.51] -0.05 [-0.61, 0.51] 0.28 [-0.08, 0.65] 0.28 [-0.08, 0.65]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.7 low vs high in VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect:	plicable Z = 0.78 group A 8.8 plicable Z = 0.16 tensity (i 46.6 plicable Z = 1.51	(P = C 4.6 (P = C Follow 12 (P = C Follow	25 0.44) 25 25 0.87) 7 up 3 n 53 53 0.13)	np 6 mo 9 month) 43 month)	onth) 4 13.2	24 24 24 63 63	100.0% 100.0% 100.0%	0.22 [-0.34, 0.79] -0.05 [-0.61, 0.51] -0.05 [-0.61, 0.51] 0.28 [-0.08, 0.65]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.7 low vs high in: VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.8 low vs high in: VanBoeijen2005	plicable Z = 0.78 group A 8.8 plicable Z = 0.16 tensity (I 46.6 plicable Z = 1.51 tensity (I 44.6 plicable	(P = C 4.6 (P = C Follow 12 (P = C Follow 11.8	25 0.44) 0 llow u 25 25 0.87) 7 up 3 i 53 53 0.13) 7 up 9 i 53 53 53	np 6 mo 9 month) 43 month)	13.2	24 24 24 63 63	100.0% 100.0% 100.0% 100.0%	0.22 [-0.34, 0.79] -0.05 [-0.61, 0.51] -0.05 [-0.61, 0.51] 0.28 [-0.08, 0.65] 0.28 [-0.08, 0.65] 0.28 [-0.08, 0.65]	
Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.6 group CBT vs Kitchiner2009 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.7 low vs high in VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not ap Test for overall effect: 13.3.8 low vs high in VanBoeijen2005 Subtotal (95% CI) Heterogeneity: Not ap	plicable Z = 0.78 group A 8.8 plicable Z = 0.16 tensity (I 46.6 plicable Z = 1.51 tensity (I 44.6 plicable	(P = C 4.6 (P = C Follow 12 (P = C Follow 11.8	25 0.44) 0 llow u 25 25 0.87) 7 up 3 i 53 53 0.13) 7 up 9 i 53 53 53	np 6 mo 9 month) 43 month)	13.2	24 24 24 63 63	100.0% 100.0% 100.0% 100.0%	0.22 [-0.34, 0.79] -0.05 [-0.61, 0.51] -0.05 [-0.61, 0.51] 0.28 [-0.08, 0.65] 0.28 [-0.08, 0.65] 0.28 [-0.08, 0.65]	

## 4.2 Different treatment comparisons for a mixed anxiety population

Comparator: High-intensity standard CBT; psychoeducational group anxiety management (AXM);

audiotherapy

Outcome: Depression (self-rated)

		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
13.5.1 low vs high inte	ensity								
VanBoeijen2005	12	9.1	53	9.8	8.2	63	100.0%	0.25 [-0.11, 0.62]	
Subtotal (95% CI)			53			63	100.0%	0.25 [-0.11, 0.62]	
Heterogeneity: Not app									
Test for overall effect: 2	2 = 1.35	(P = 0	).18)						
13.5.3 group CBT vs g	jroup A	хм							
Kitchiner2009	17.4	11	25	16.1	13.5	24	100.0%	0.10 [-0.46, 0.66]	<b></b>
Subtotal (95% CI)			25			24	100.0%	0.10 [-0.46, 0.66]	
Heterogeneity: Not app	licable								
Test for overall effect: 2	2 = 0.36	(P = 0	).72)						
13.5.4 group CBT vs g	jroup A	XM (fo	ollow u	p 1 mo	nth)				
Kitchiner2009	17.2	11.7	25	18.4	11.3	24	100.0%	-0.10 [-0.66, 0.46]	
Subtotal (95% CI)			25			24	100.0%	-0.10 [-0.66, 0.46]	
Heterogeneity: Not app	licable								
Test for overall effect: 2	2 = 0.36	(P = 0	).72)						
13.5.5 group CBT vs g	jroup A	XM (fo	ollow u	p 3 mo	nth)				
Kitchiner2009	18.7	10.8	25	17.8	12.8	24	100.0%	0.07 [-0.49, 0.64]	<b></b>
Subtotal (95% CI)			25			24	100.0%	0.07 [-0.49, 0.64]	
Heterogeneity: Not app	licable								
Test for overall effect: 2	2 = 0.26	(P = 0	).79)						
13.5.6 group CBT vs g	jroup A	XM (fo	ollow u	p 6 mo	nth)				
Kitchiner2009	18.4	9.9	25	17.6	12	24	100.0%	0.07 [-0.49, 0.63]	
Subtotal (95% CI)			25			24	100.0%	0.07 [-0.49, 0.63]	
Heterogeneity: Not app	licable								
Test for overall effect: 2	2 = 0.25	(P = 0	.80)						
13.5.7 low vs high inte	ensity (I	ollow	/ up 3 i	nonth)					
VanBoeijen2005	11.1	8.4	53	9.6	8.7	63	100.0%	0.17 [-0.19, 0.54]	-+
Subtotal (95% CI)			53			63	100.0%	0.17 [-0.19, 0.54]	
Heterogeneity: Not app	licable								
Test for overall effect: 2	2 = 0.93	(P = 0	.35)						
13.5.8 low vs high inte	ensity (I	ollow	/ up 9 i	nonth)					
VanBoeijen2005	10.3	7.9	53	9.3	8.3	63	100.0%	0.12 [-0.24, 0.49]	
Subtotal (95% CI)			53			63	100.0%	0.12 [-0.24, 0.49]	
Heterogeneity: Not app	licable								
Test for overall effect: 2	2 = 0.66	(P = 0	).51)						

Favours experimental Favours control

## 4.3 Different treatment comparisons for a mixed anxiety population

Comparator: High-intensity standard CBT; psychoeducational group anxiety management; audiotherapy

Outcome: Worry

		atmer			parat			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									
VanBoeijen2005	53.9	12.7	53	50.3	13.1		100.0%	0.28 [-0.09, 0.64]	
Subtotal (95% CI)			53			63	100.0%	0.28 [-0.09, 0.64]	
Heterogeneity: Not ap Test for overall effect:	•	8 (P = 0	).14)						
13.9.3 group CBT vs	group A	ХМ							
Kitchiner2009	28.9	21.6	25	35	22	24	100.0%	-0.28 [-0.84, 0.29]	-
Subtotal (95% CI)			25			24	100.0%	-0.28 [-0.84, 0.29]	-
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.96	6 (P = 0	).34)						
13.9.4 group CBT vs				-					_
Kitchiner2009	28	22.1	25	37.4	22		100.0%	-0.42 [-0.99, 0.15]	
Subtotal (95% CI)			25			24	100.0%	-0.42 [-0.99, 0.15]	
Heterogeneity: Not ap									
Test for overall effect:	Z = 1.45	5 (P = 0	).15)						
13.9.5 group CBT vs	• ·	•	ollow ι	ıp 3 mo	nth)				_
Kitchiner2009	30.9	24.4	25	37.3	23.4		100.0%	-0.26 [-0.83, 0.30]	
Subtotal (95% CI)			25			24	100.0%	-0.26 [-0.83, 0.30]	
Heterogeneity: Not ap									
Test for overall effect:	Z = 0.92	2 (P = 0	).36)						
13.9.6 group CBT vs	group A	XM (f	ollow u	ıp 6 mo	nth)				_
Kitchiner2009	29.8	24.9	25	38.8	23.9		100.0%	-0.36 [-0.93, 0.20]	
Subtotal (95% CI)			25			24	100.0%	-0.36 [-0.93, 0.20]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 1.26	6 (P = 0	).21)						
13.9.7 low vs high in	tensity (	Follov	v up 3	month)					
VanBoeijen2005	53.2	12.2	53	48.7	13.4		100.0%	0.35 [-0.02, 0.72]	
Subtotal (95% CI)			53			63	100.0%	0.35 [-0.02, 0.72]	•
Heterogeneity: Not ap	-								
Test for overall effect:	Z = 1.85	5 (P = 0	0.06)						
13.9.8 low vs high in	tensity (	Follov	v up 9	month)					
VanBoeijen2005	51.9	12.8	53	47.5	12.9		100.0%	0.34 [-0.03, 0.71]	
Subtotal (95% CI)			53			63	100.0%	0.34 [-0.03, 0.71]	•
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 1.81	(P = 0	0.07)						
									-2 -1 0 1 2
									-2 -1 0 1 2

## 4.4 Different treatment comparisons for a mixed anxiety population

Comparator: High-intensity standard CBT; psychoeducational group anxiety management (AXM);

audiotherapy

## Outcome: Dropout

	Treatm	ent	Compar	ator		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% CI
13.1.1 low versus hig	jh intensit	у					
VanBoeijen2005	6	53	9	63	100.0%	0.79 [0.30, 2.08]	
Subtotal (95% CI)		53		63	100.0%	0.79 [0.30, 2.08]	$\bullet$
Total events	6		9				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 0.47 (I	<sup>D</sup> = 0.6	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]	<b>•</b>
Total events	9		8				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 0.20 (I	- = 0.8	4)				
							0.01 0.1 1 10 10
						Fav	ours experimental Favours control