Appendix 16a: Low-intensity psychological interventions forest plots

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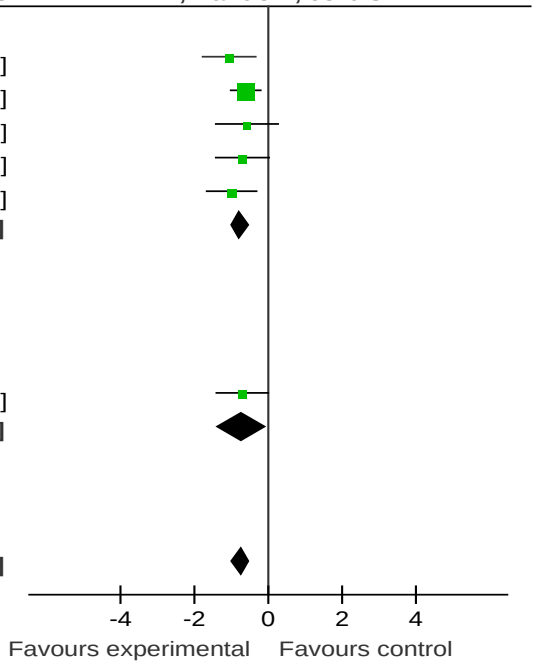
1 Non-facilitated self-help

1.1 Non-facilitated self-help in a combined population

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

Outcome: Anxiety (self-rated) outcome

	Non-facilitated 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**
4.5.2 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: Tau² = 0.00; Chi² = 1.87, df = 4 (P = 0.76); I² = 0%									
Test for overall effect: Z = 5.41 (P < 0.00001)									
4.5.3 versus TAU									
Maunder2009	10.89	4.1	18	13.87	4.19	16	13.0%	-0.70 [-1.40, -0.01]	
Subtotal (95% CI)			**18**			**16**	**13.0%**	**-0.70 [-1.40, -0.01]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.98 (P = 0.05)									
Total (95% CI)			**153**			**124**	**100.0%**	**-0.74 [-0.99, -0.49]**	
Heterogeneity: Tau² = 0.00; Chi² = 1.88, df = 5 (P = 0.86); I² = 0%									
Test for overall effect: Z = 5.76 (P < 0.00001)									



(1) change score

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

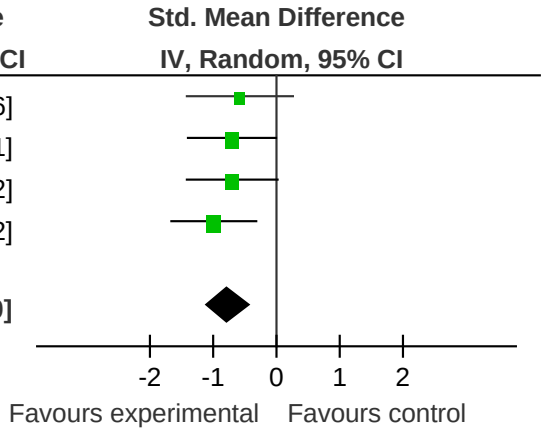
Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Anxiety (self-rated)

	Non-facilitated SH			Inactive control				Std. Mean Difference
Study or Subgroup	**Mean**	**SD**	**Total**	**Mean**	**SD**	**Total**	**Weight**	**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: Tau² = 0.00; Chi² = 0.69, df = 3 (P = 0.88); I² = 0%

Test for overall effect: Z = 4.13 (P < 0.0001)



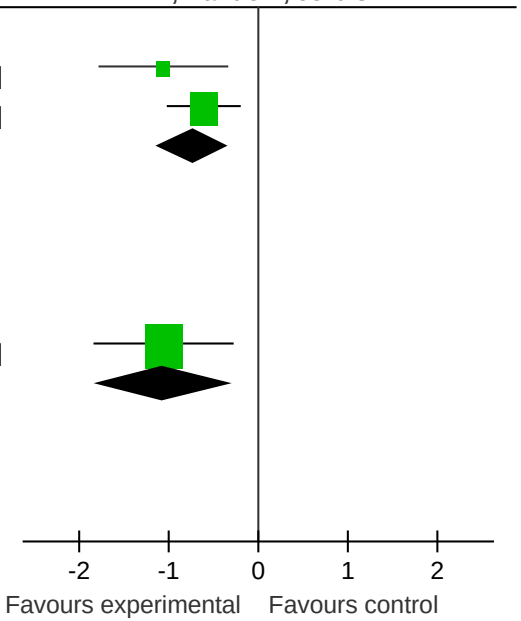
(1) TAU

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

Comparator: Waitlist control (WLC)

Outcome: Anxiety (self-rated)

Study or Subgroup	Non-facilitated self-help Mean	SD	Total	Inactive control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% 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	-8	8.6023253	50	-2	10.816654	50	72.3%	-0.61 [-1.01, -0.21]
Subtotal (95% CI)			**67**			**68**	**100.0%**	**-0.73 [-1.13, -0.34]**
Heterogeneity: Tau² = 0.01; Chi² = 1.16, df = 1 (P = 0.28); I² = 14%								
Test for overall effect: Z = 3.64 (P = 0.0003)								
6.5.2 follow up 3 months								
Bowman1997	19.53	8.16	15	29.06	9.34	15	100.0%	-1.06 [-1.83, -0.29]
Subtotal (95% CI)			**15**			**15**	**100.0%**	**-1.06 [-1.83, -0.29]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.69 (P = 0.007)								



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

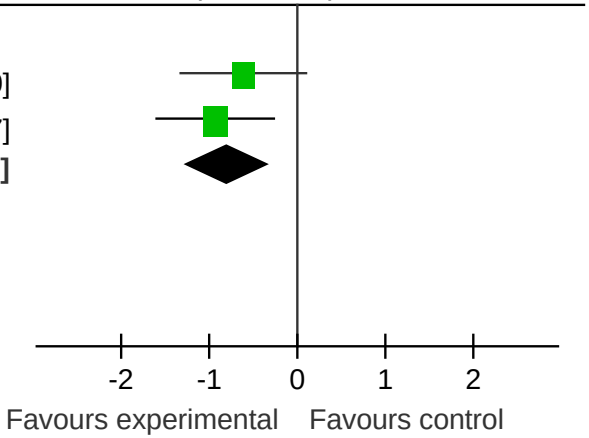
Comparator: Waitlist control (WLC)

Outcome: Depression (self-rated)

Study or Subgroup	Non-facilitated SH Mean	SD	Total	Inactive control Mean	SD	Total	Weight	Std. Mean Difference 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]**

Heterogeneity: Tau² = 0.00; Chi² = 0.41, df = 1 (P = 0.52); I² = 0%

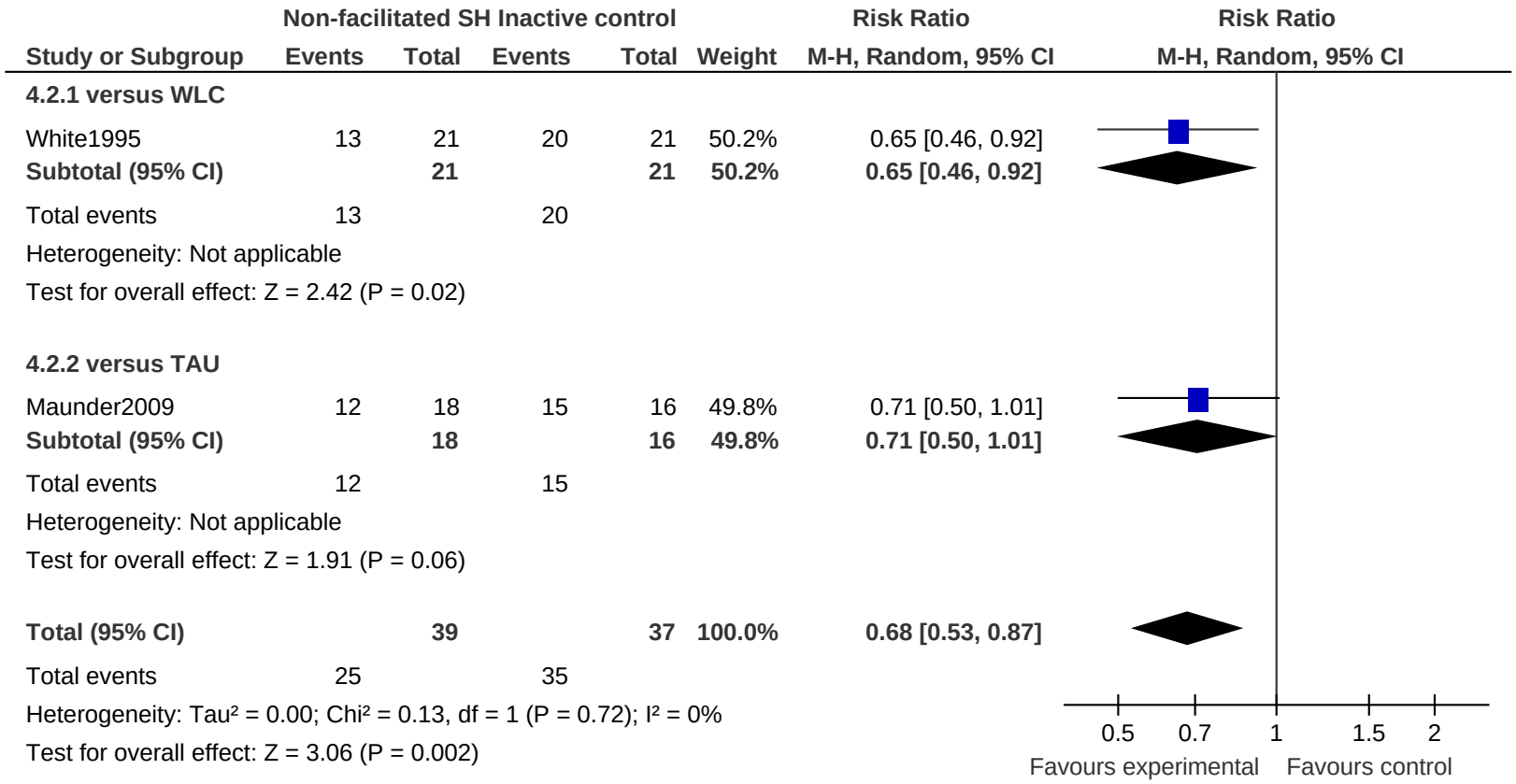
Test for overall effect: Z = 3.15 (P = 0.002)



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

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

Outcome: Non-remission

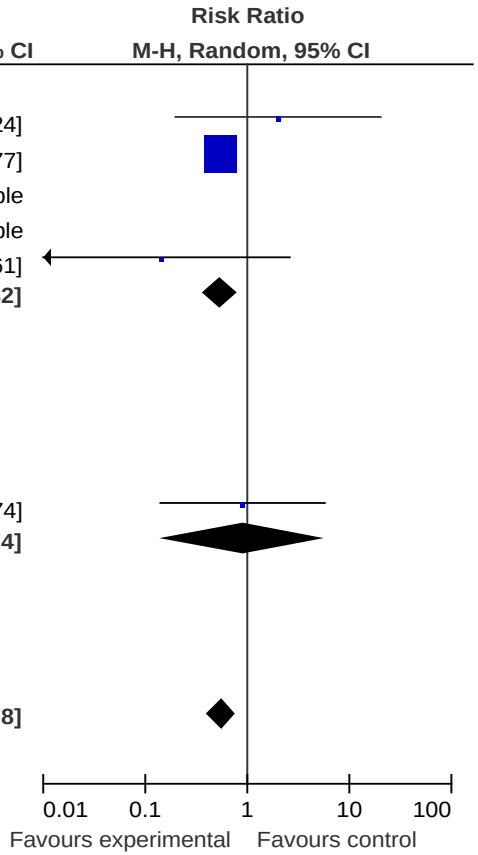


1.6 Non-facilitated self-help (SH) in a combined population

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

Outcome: Dropouts

Study or Subgroup	Non-facilitated SH Events	Non-facilitated SH Total	Inactive control Events	Inactive control Total	Weight	Risk Ratio 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: Tau² = 0.01; Chi² = 2.03, df = 2 (P = 0.36); I² = 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 applicable						
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: Tau² = 0.00; Chi² = 2.28, df = 3 (P = 0.52); I² = 0%						
Test for overall effect: Z = 3.39 (P = 0.0007)						



(1) Not reported

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

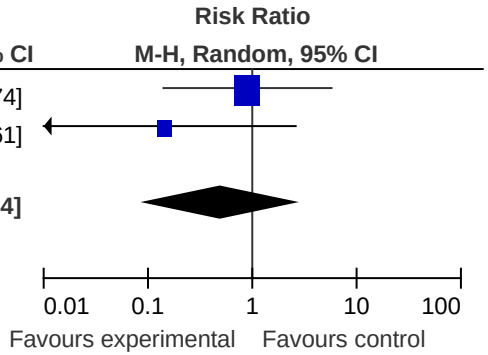
Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Dropouts

Study or Subgroup	Non-facilitated SH Events	Total	Inactive control Events	Total	Weight	Risk Ratio 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: Tau² = 0.26; Chi² = 1.17, df = 1 (P = 0.28); I² = 14%

Test for overall effect: Z = 0.78 (P = 0.43)



(1) TAU

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

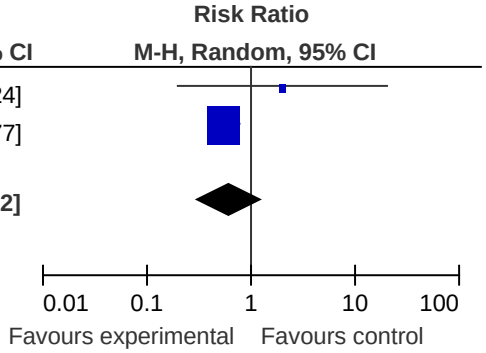
Comparator: Waitlist control (WLC)

Outcome: Dropouts

Study or Subgroup	Non-facilitated SH Events	Total	Inactive control Events	Total	Weight	Risk Ratio 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: Tau² = 0.13; Chi² = 1.19, df = 1 (P = 0.28); I² = 16%

Test for overall effect: Z = 1.24 (P = 0.22)



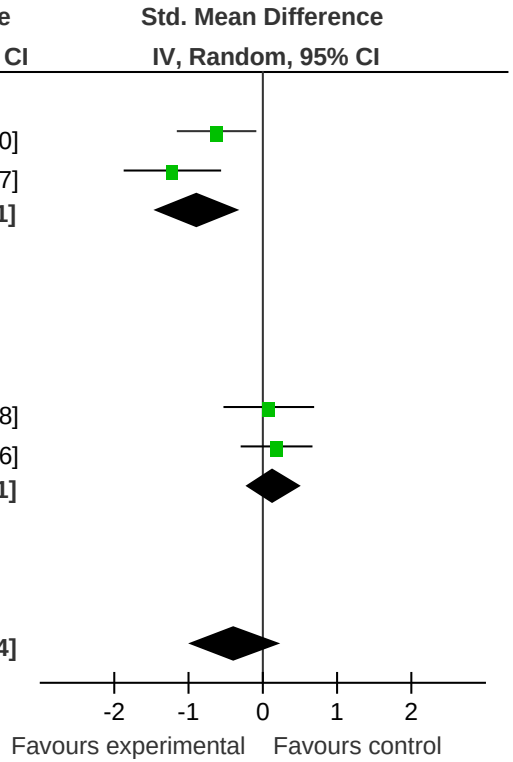
2 Guided self-help

2.1 Guided self-help in a combined population

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

Outcome: Anxiety (self-rated)

Study or Subgroup	Guided self help Mean	SD	Total	inactive control Mean	SD	Total	Weight	Std. Mean Difference 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**	**49.1%**	**-0.89 [-1.47, -0.31]**
Heterogeneity: Tau² = 0.09; Chi² = 1.98, df = 1 (P = 0.16); I² = 49%								
Test for overall effect: Z = 3.01 (P = 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]
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]**
Heterogeneity: Tau² = 0.00; Chi² = 0.07, df = 1 (P = 0.79); I² = 0%								
Test for overall effect: Z = 0.77 (P = 0.44)								
Total (95% CI)			**131**			**98**	**100.0%**	**-0.38 [-0.99, 0.24]**
Heterogeneity: Tau² = 0.32; Chi² = 14.96, df = 3 (P = 0.002); I² = 80%								
Test for overall effect: Z = 1.20 (P = 0.23)								
Test for subgroup differences: Chi² = 12.91, df = 1 (P = 0.0003), I² = 92.3%								

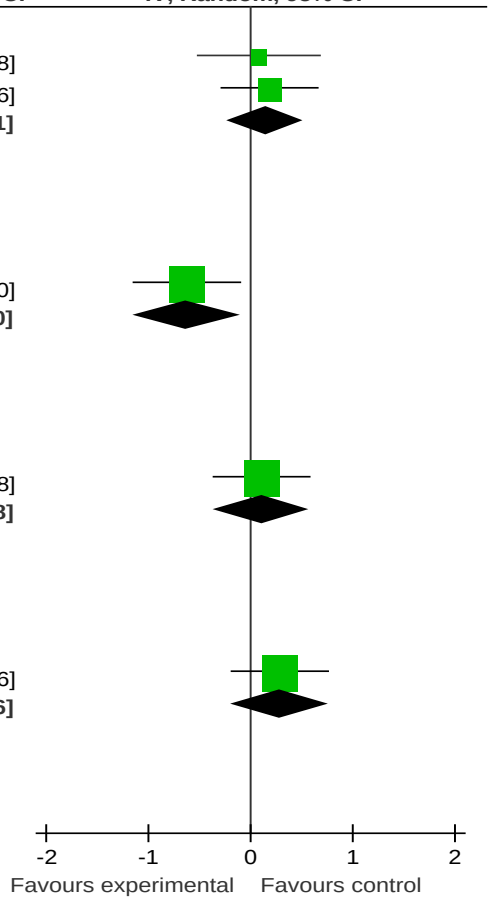


2.2 Guided self-help in a mixed anxiety population

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

Outcome: Anxiety (self-rated)

	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**
9.3.1 versus TAU									
Sorby1991	8.1	4.3	27	7.7	5.63	18	38.3%	0.08 [-0.52, 0.68]	
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: Tau² = 0.00; Chi² = 0.07, df = 1 (P = 0.79); I² = 0%									
Test for overall effect: Z = 0.77 (P = 0.44)									
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 applicable									
Test for overall effect: Z = 2.34 (P = 0.02)									
9.3.3 versus TAU (follow up 3 months)									
VanBoeijen2005	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]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 0.45 (P = 0.65)									
9.3.4 versus TAU (follow up 9 months)									
VanBoeijen2005	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 applicable									
Test for overall effect: Z = 1.19 (P = 0.23)									



2.3 Guided self-help in a pure GAD population

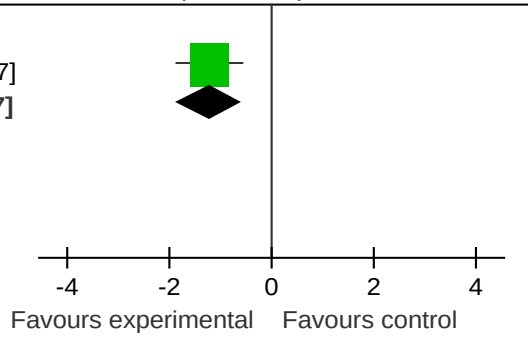
Comparator: Waitlist control (WLC)

Outcome: Anxiety (self-rated)

	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**
10.4.2 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 applicable

Test for overall effect: Z = 3.71 (P = 0.0002)

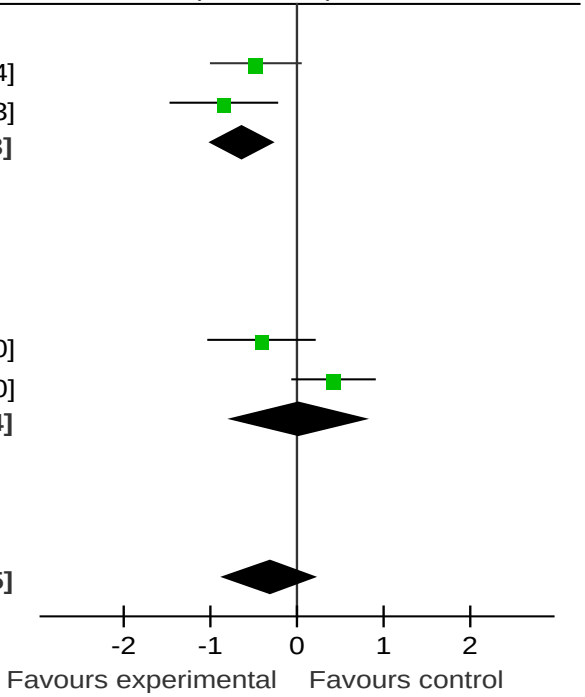


2.4 Guided self-help in a combined population

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

Outcome: Depression (self-rated)

Study or Subgroup	Guided self help Mean	SD	Total	inactive control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
8.5.1 versus WLC								
Lucock2008	6.9	4	27	9.1	5	33	25.8%	-0.47 [-0.99, 0.04]
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: Tau² = 0.00; Chi² = 0.82, df = 1 (P = 0.36); I² = 0%								
Test for overall effect: Z = 3.12 (P = 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]**
Heterogeneity: Tau² = 0.27; Chi² = 4.43, df = 1 (P = 0.04); I² = 77%								
Test for overall effect: Z = 0.07 (P = 0.94)								
Total (95% CI)			**129**			**98**	**100.0%**	**-0.31 [-0.86, 0.25]**
Heterogeneity: Tau² = 0.24; Chi² = 12.31, df = 3 (P = 0.006); I² = 76%								
Test for overall effect: Z = 1.08 (P = 0.28)								
Test for subgroup differences: Chi² = 7.06, df = 1 (P = 0.008), I² = 85.8%								

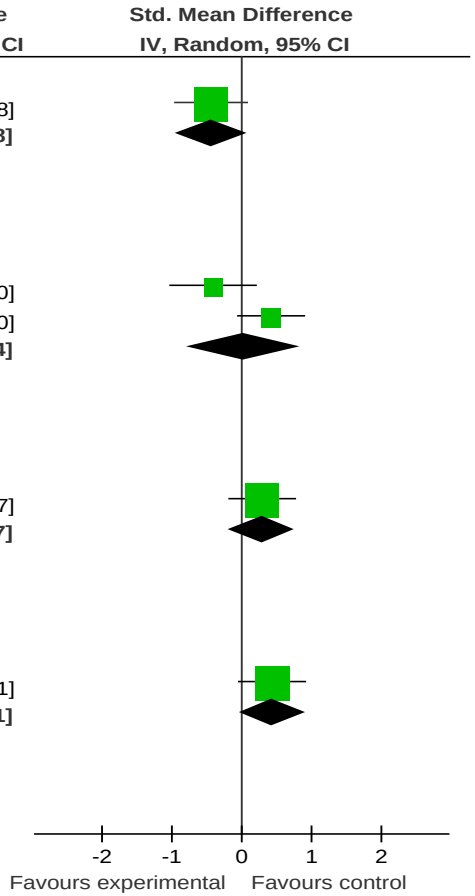


2.5 Guided self-help in a mixed anxiety population

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

Outcome: Depression (self-rated)

	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**
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 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]	
VanBoeijen2005	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); $I^2 = 77\%$									
Test for overall effect: Z = 0.07 (P = 0.94)									
9.5.3 versus TAU (follow up 3 months)									
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]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.22 (P = 0.22)									
9.5.4 versus TAU (follow up 9 months)									
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 applicable									
Test for overall effect: Z = 1.79 (P = 0.07)									



2.6 Guided self-help in a pure GAD population

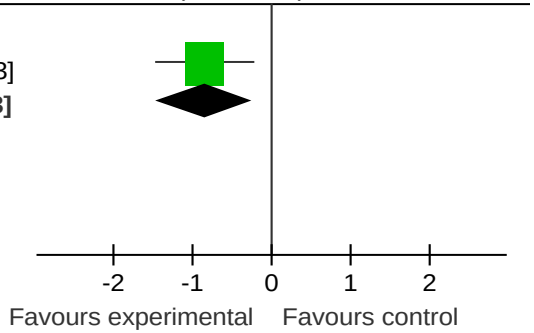
Comparator: Waitlist control (WLC)

Outcome: Depression (self-rated)

	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	6.67	5.68	24	11.76	6.18	21	100.0%	-0.85 [-1.46, -0.23]	
Subtotal (95% CI)			**24**			**21**	**100.0%**	**-0.85 [-1.46, -0.23]**	

Heterogeneity: Not applicable

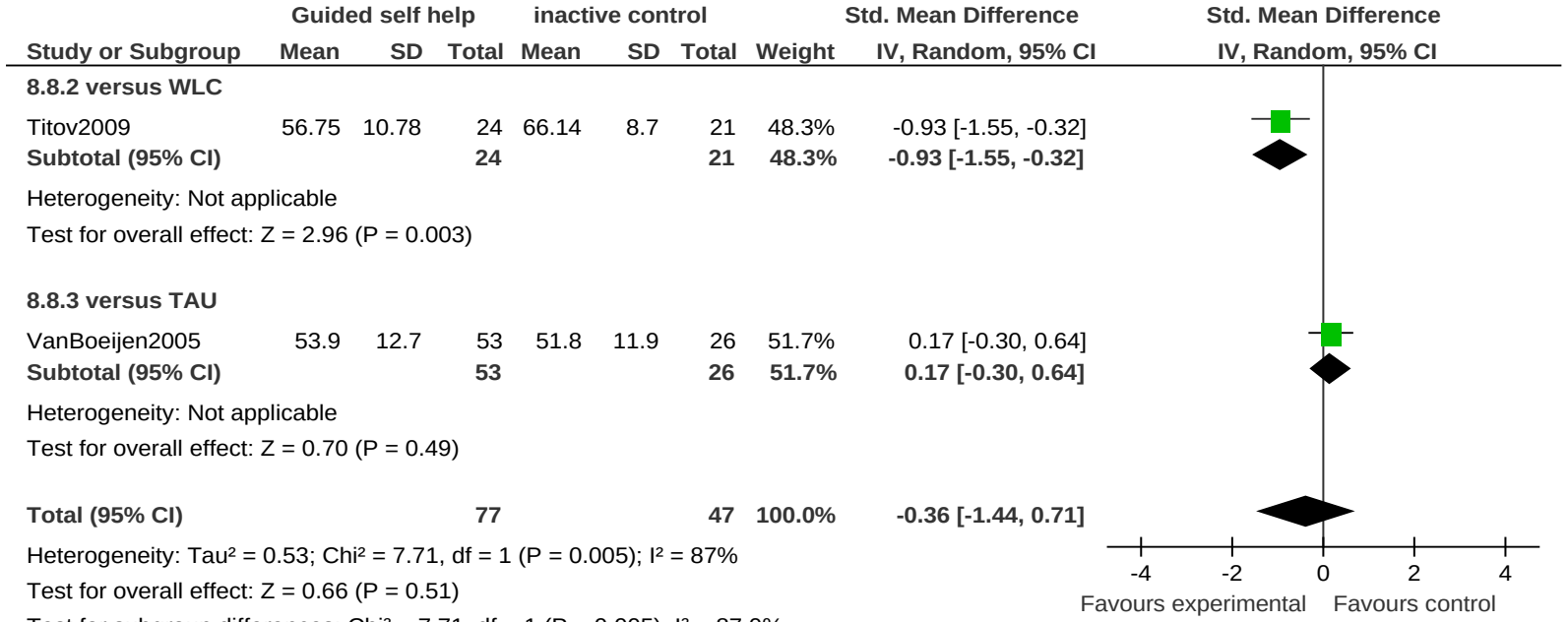
Test for overall effect: Z = 2.70 (P = 0.007)



2.7 Guided self-help in a combined population

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

Outcome: Worry

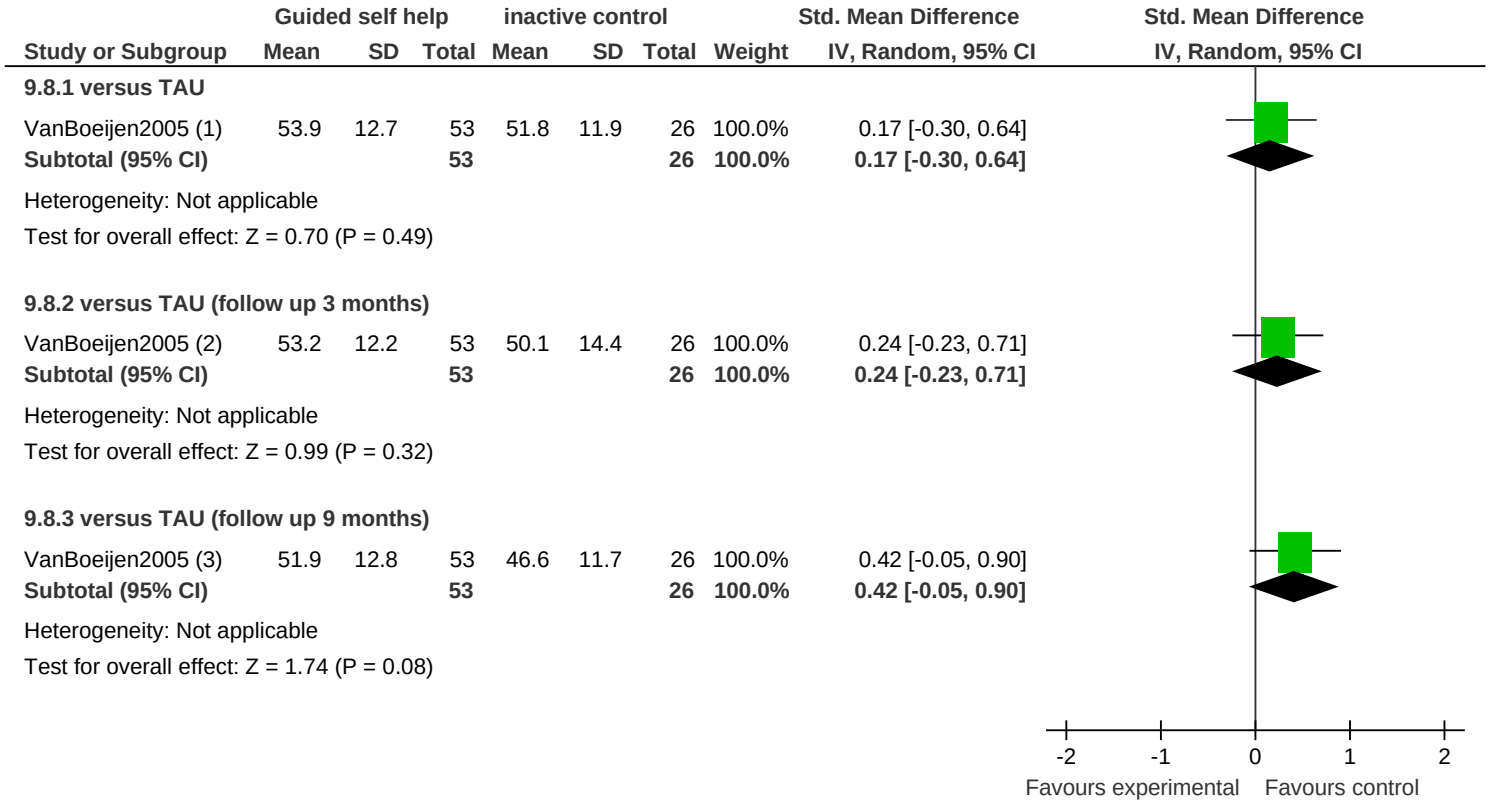


Appendix 16a

2.8 Guided self-help in a mixed anxiety population

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

Outcome: Worry



(1) vs TAU

(2) vs TAU, 3 mths

(3) vs TAU, 9 mths

2.9 Guided self-help in a pure GAD population

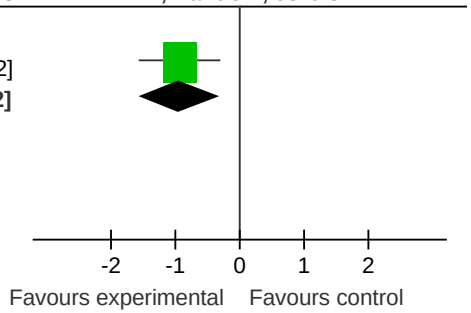
Comparator: Waitlist control (WLC)

Outcome: Worry

Study or Subgroup	Guided self help Mean	SD	Total	inactive control Mean	SD	Total	Weight	Std. Mean Difference 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]**

Heterogeneity: Not applicable

Test for overall effect: Z = 2.96 (P = 0.003)



2.10 Guided self-help in a combined population

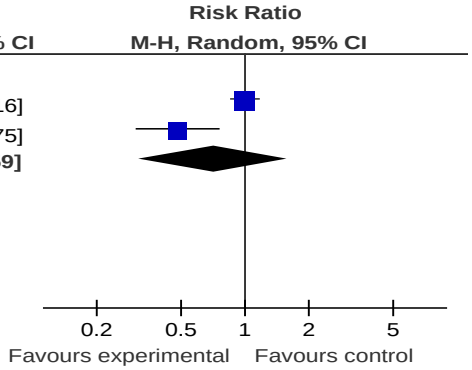
Comparator: Waitlist control (WLC)

Outcome: Non-remission

Study or Subgroup	Guided self help Events	Total	inactive control Events	Total	Weight	Risk Ratio 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: Tau² = 0.31; Chi² = 11.83, df = 1 (P = 0.0006); I² = 92%

Test for overall effect: Z = 0.83 (P = 0.41)

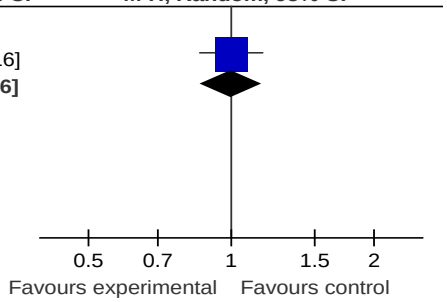


2.11 Guided self-help in a mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Non-remission

	Guided self help		inactive control			Risk Ratio	Risk Ratio
Study or Subgroup	**Events**	**Total**	**Events**	**Total**	**Weight**	**M-H, Random, 95% CI**	**M-H, Random, 95% CI**
9.2.1 versus WLC							
Lucock2008	42	48	42	48	100.0%	1.00 [0.86, 1.16]	
Subtotal (95% CI)		**48**		**48**	**100.0%**	**1.00 [0.86, 1.16]**	
Total events	42		42				
Heterogeneity: Not applicable							
Test for overall effect: Z = 0.00 (P = 1.00)							

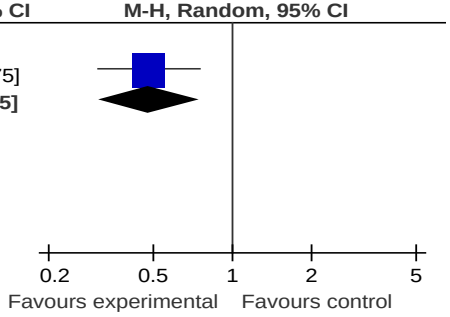


2.12 Guided self-help in a pure GAD population

Comparator: Waitlist control (WLC)

Outcome: Non-remission

	Guided self help		inactive control			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	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 applicable							
Test for overall effect: Z = 3.22 (P = 0.001)							

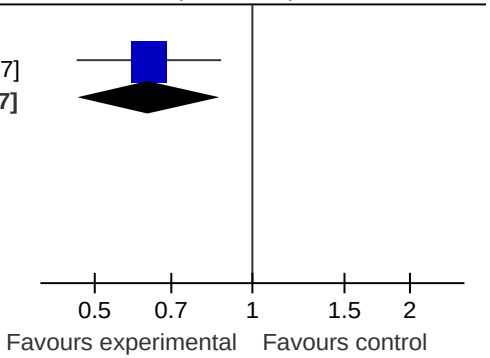


2.13 Guided self-help in a pure GAD population

Comparator: Waitlist control (WLC)

Outcome: Non-response

	Guided self help		inactive control			Risk Ratio	Risk Ratio
Study or Subgroup	**Events**	**Total**	**Events**	**Total**	**Weight**	**M-H, Random, 95% CI**	**M-H, Random, 95% CI**
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 applicable							
Test for overall effect: Z = 2.85 (P = 0.004)							

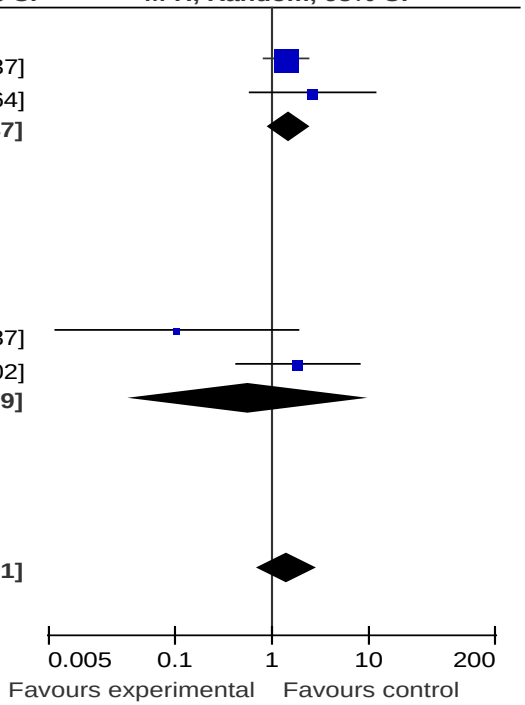


2.14 Guided self-help in a combined population

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

Outcome: Dropout

	Guided self help		inactive control			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: Tau² = 0.00; Chi² = 0.62, df = 1 (P = 0.43); I² = 0%							
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: Tau² = 3.04; Chi² = 3.24, df = 1 (P = 0.07); I² = 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: Tau² = 0.16; Chi² = 4.06, df = 3 (P = 0.25); I² = 26%							
Test for overall effect: Z = 0.97 (P = 0.33)							

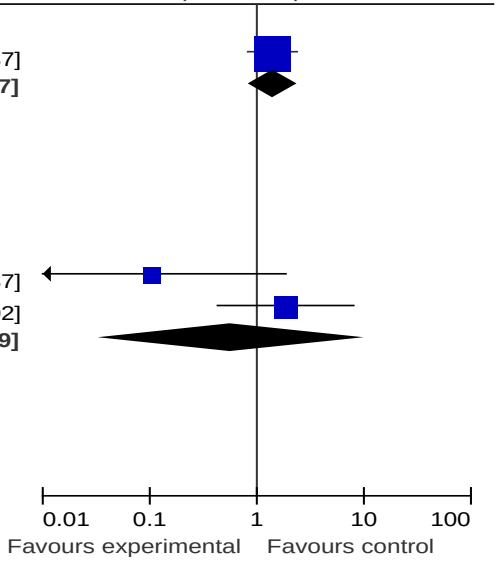


2.15 Guided self-help in a mixed anxiety population

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

Outcome: Dropout

Study or Subgroup	Guided self help Events	Total	inactive control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
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 applicable						
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]
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: Tau² = 3.04; Chi² = 3.24, df = 1 (P = 0.07); I² = 69%						
Test for overall effect: Z = 0.38 (P = 0.70)						



2.16 Guided self-help in a pure GAD population

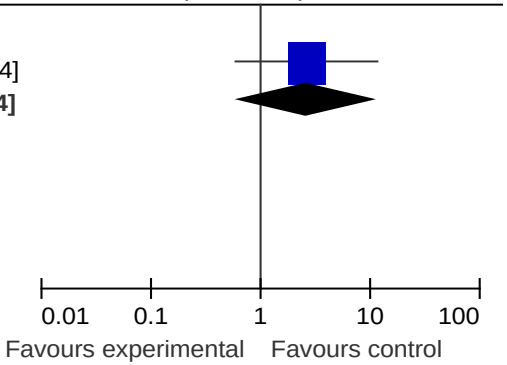
Comparator: Waitlist control (WLC)

Outcome: Dropout

	Guided self help		inactive control			Risk Ratio	Risk Ratio
Study or Subgroup	**Events**	**Total**	**Events**	**Total**	**Weight**	**M-H, Random, 95% CI**	**M-H, Random, 95% CI**
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 applicable

Test for overall effect: Z = 1.27 (P = 0.20)



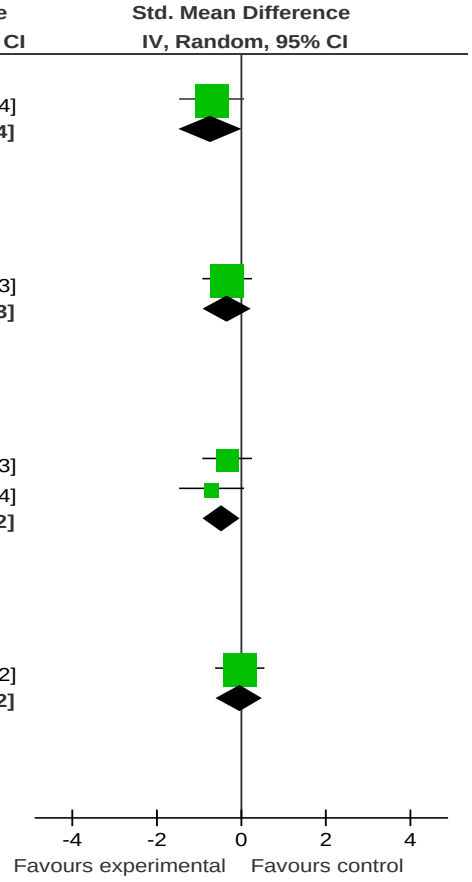
3 Psychoeducational groups

3.1 Psychoeducational groups in a mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Anxiety (self-rated)

Study or Subgroup	Psychoeducational group Mean	SD	Total	WLC Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
11.4.1 pure GAD population								
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]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.85 (P = 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 applicable								
Test for overall effect: Z = 1.16 (P = 0.24)								
11.4.3 combined population								
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: Tau² = 0.00; Chi² = 0.60, df = 1 (P = 0.44); I² = 0%								
Test for overall effect: Z = 2.04 (P = 0.04)								
11.4.4 mixed anxiety population (follow 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 applicable								
Test for overall effect: Z = 0.13 (P = 0.90)								

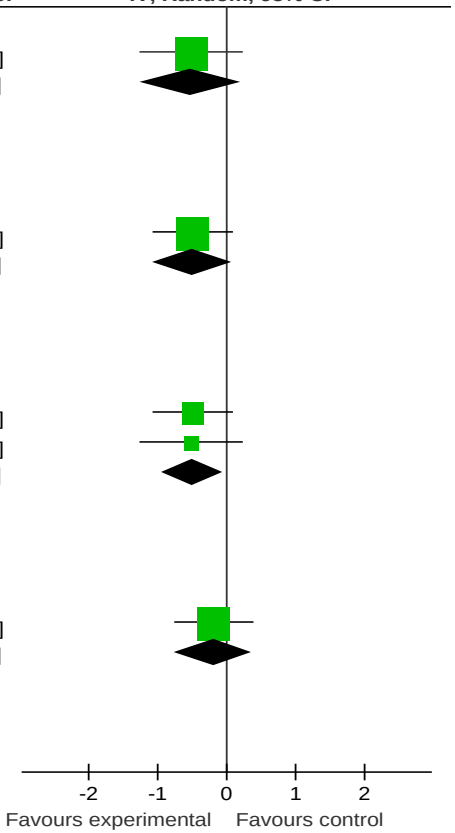


3.2 Psychoeducational groups in a mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Depression (self-rated)

	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 population									
White1992	-5.5	14.286357	22	1.3	9.2633687	11	100.0%	-0.51 [-1.25, 0.22]	
Subtotal (95% CI)			**22**			**11**	**100.0%**	**-0.51 [-1.25, 0.22]**	
Heterogeneity: Not applicable									
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 applicable									
Test for overall effect: Z = 1.69 (P = 0.09)									
11.5.3 combined population									
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: $Tau^2 = 0.00$; $Chi^2 = 0.00$, df = 1 (P = 0.96); $I^2 = 0\%$									
Test for overall effect: Z = 2.18 (P = 0.03)									
11.5.4 mixed anxiety population (follow up 1 month)									
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 applicable									
Test for overall effect: Z = 0.64 (P = 0.52)									



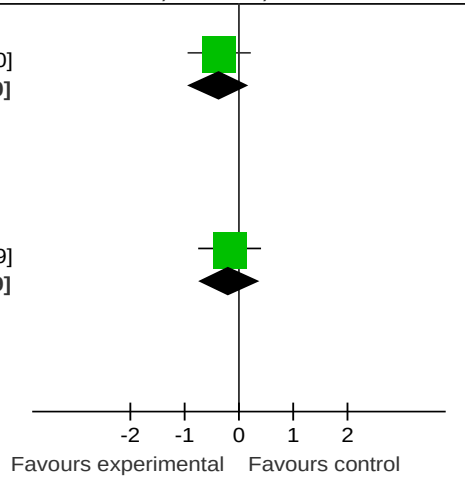
Appendix 16a

3.3 Psychoeducational groups in a mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Worry

	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**
11.8.2 mixed anxiety population									
Kitchiner2009	28.9	21.6	25	36.3	18.3	24	100.0%	-0.36 [-0.93, 0.20]	
Subtotal (95% CI)			**25**			**24**	**100.0%**	**-0.36 [-0.93, 0.20]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.26 (P = 0.21)									
11.8.4 mixed anxiety population (follow up 1 month)									
Kitchiner2009	28	22.1	25	31.5	17.7	24	100.0%	-0.17 [-0.73, 0.39]	
Subtotal (95% CI)			**25**			**24**	**100.0%**	**-0.17 [-0.73, 0.39]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 0.60 (P = 0.55)									



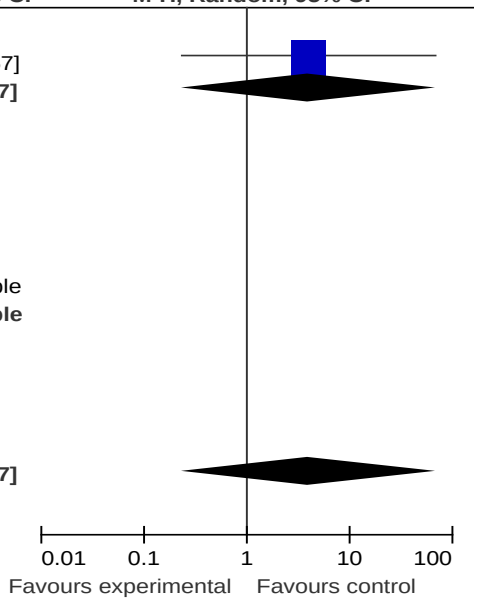
3.4 Psychoeducational groups in a mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Dropout

Study or Subgroup	Psychoeducational group Events	Total	WLC Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
11.1.1 pure GAD population						
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 applicable						
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 applicable						
Test for overall effect: Not applicable						
Total (95% CI)		**51**		**11**	**100.0%**	**4.00 [0.23, 68.57]**
Total events	13		0			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.96 (P = 0.34)						
Test for subgroup differences: Not applicable						

(1) CBT, no drop out data for WLC



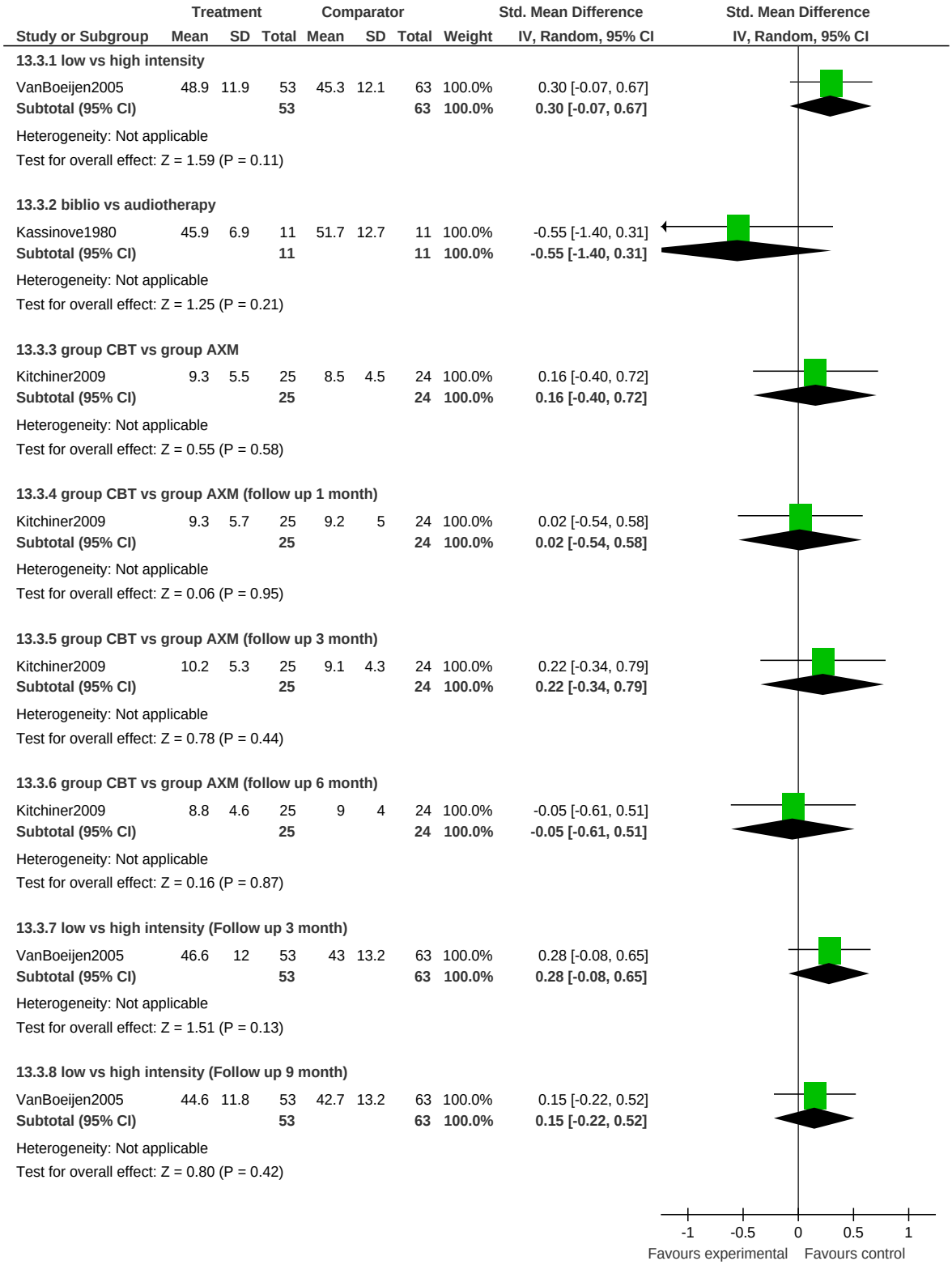
4 Different treatment comparisons

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.

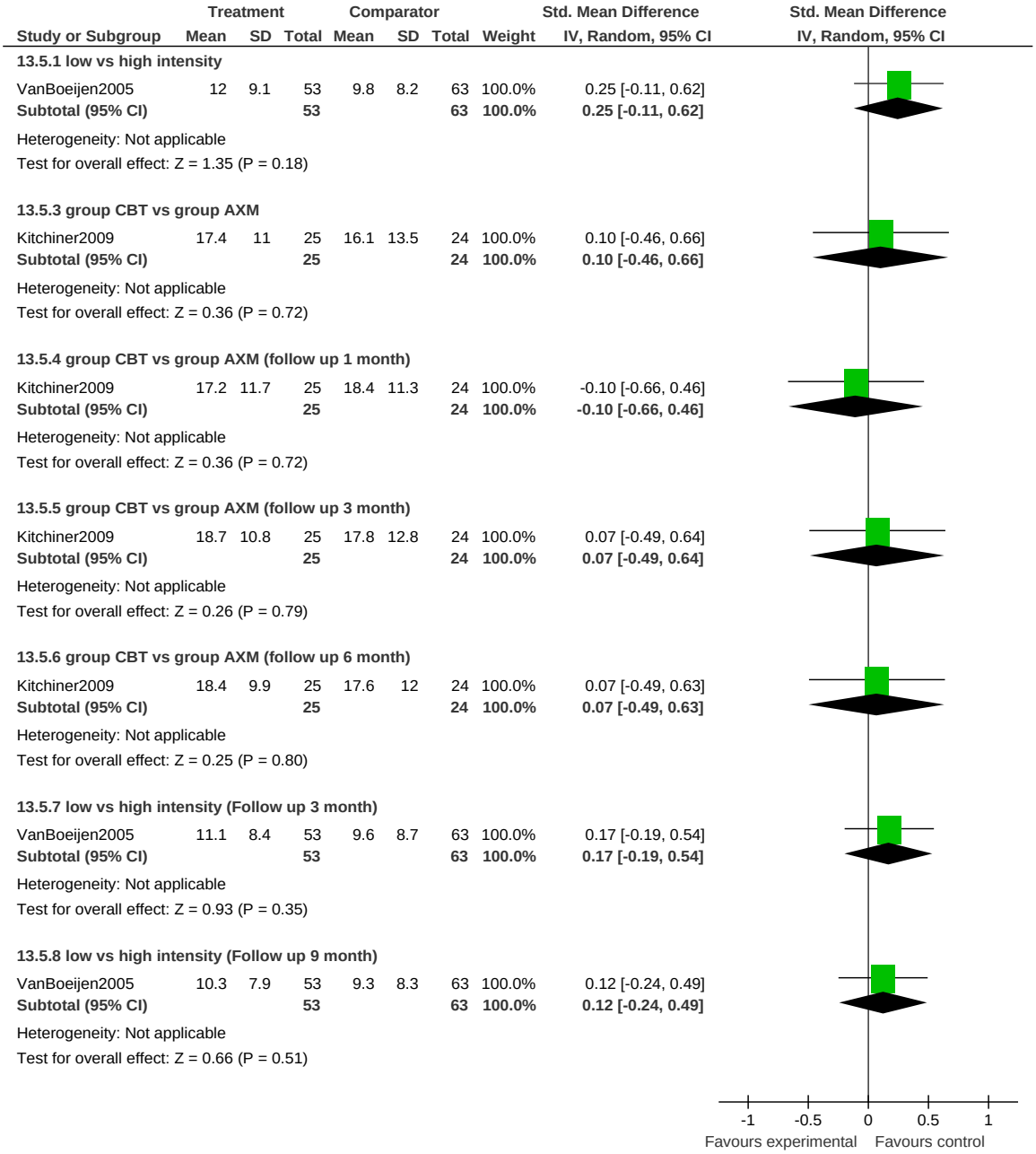


Appendix 16a

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)

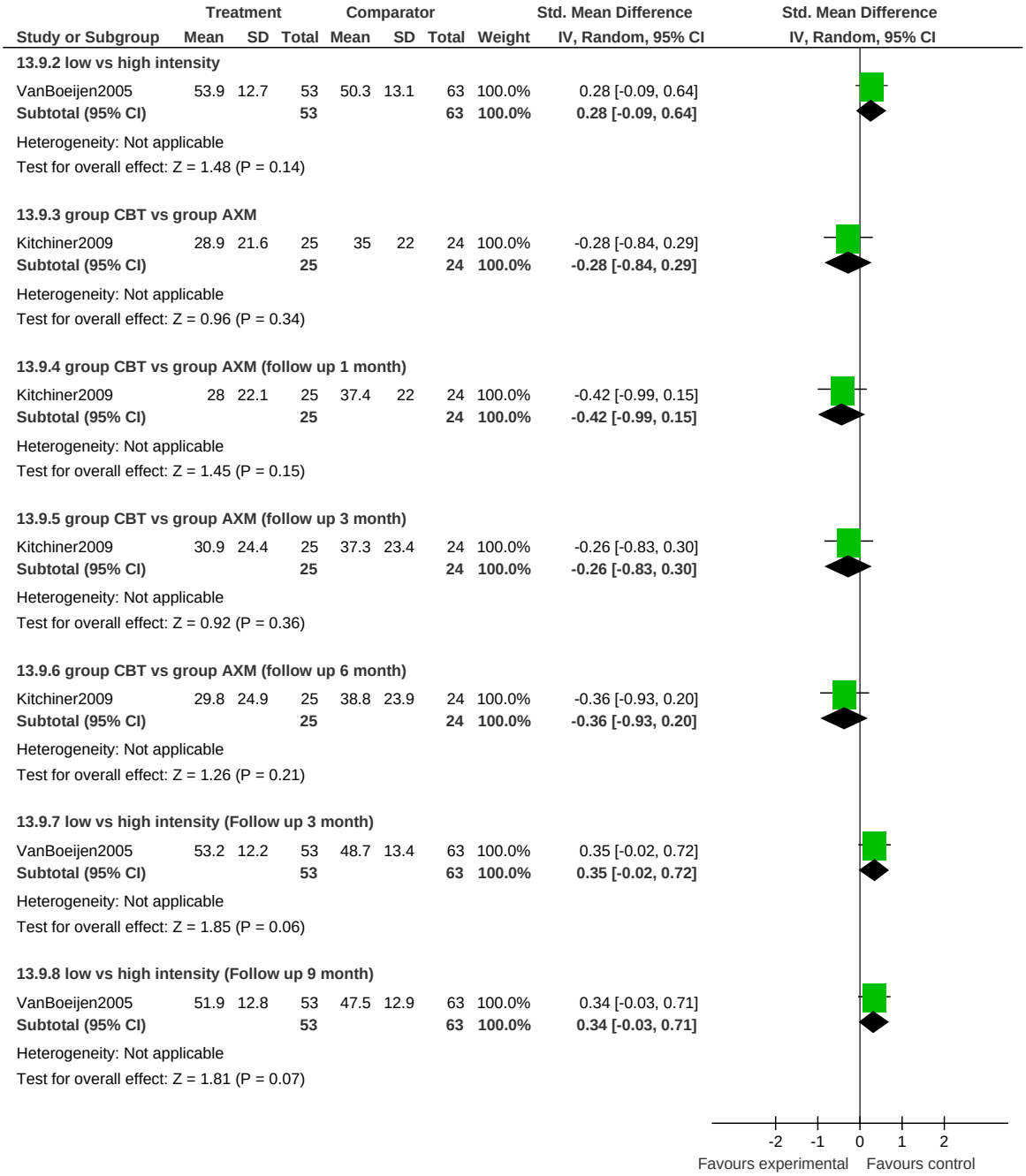


Appendix 16a

4.3 Different treatment comparisons for a mixed anxiety population

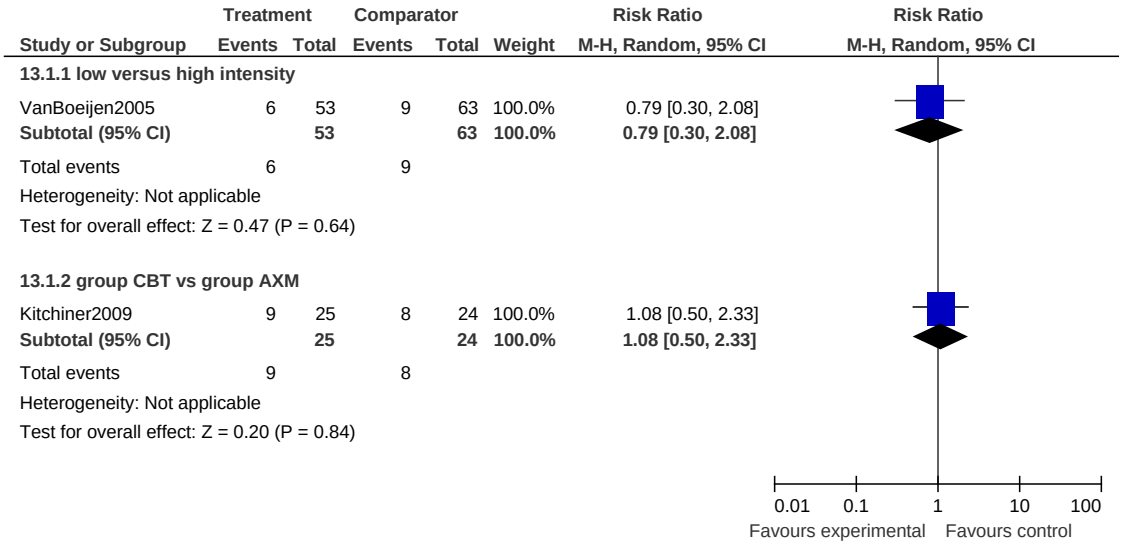
Comparator: High-intensity standard CBT; psychoeducational group anxiety management; audiotherapy

Outcome: Worry



Appendix 16a

4.4 Different treatment comparisons for a mixed anxiety population

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

Outcome: Dropout