

Appendix 16b: High-intensity psychological interventions

forest plots

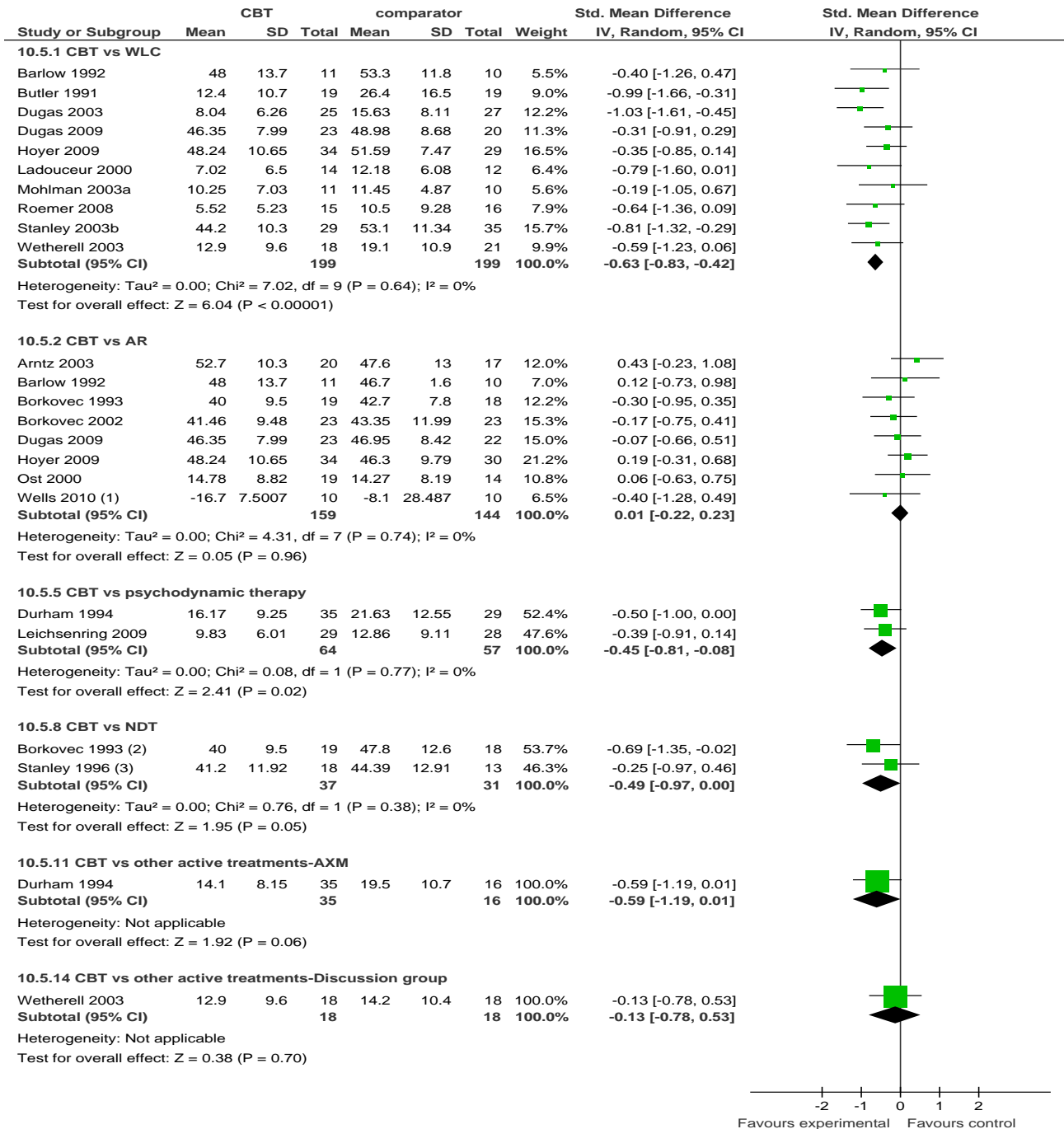
Cognitive behavioural therapy (CBT).....	2
Applied relaxation	24
Psychodynamic therapy.....	29

1 Cognitive behavioural therapy (CBT)

1.1 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Anxiety (self-rated)

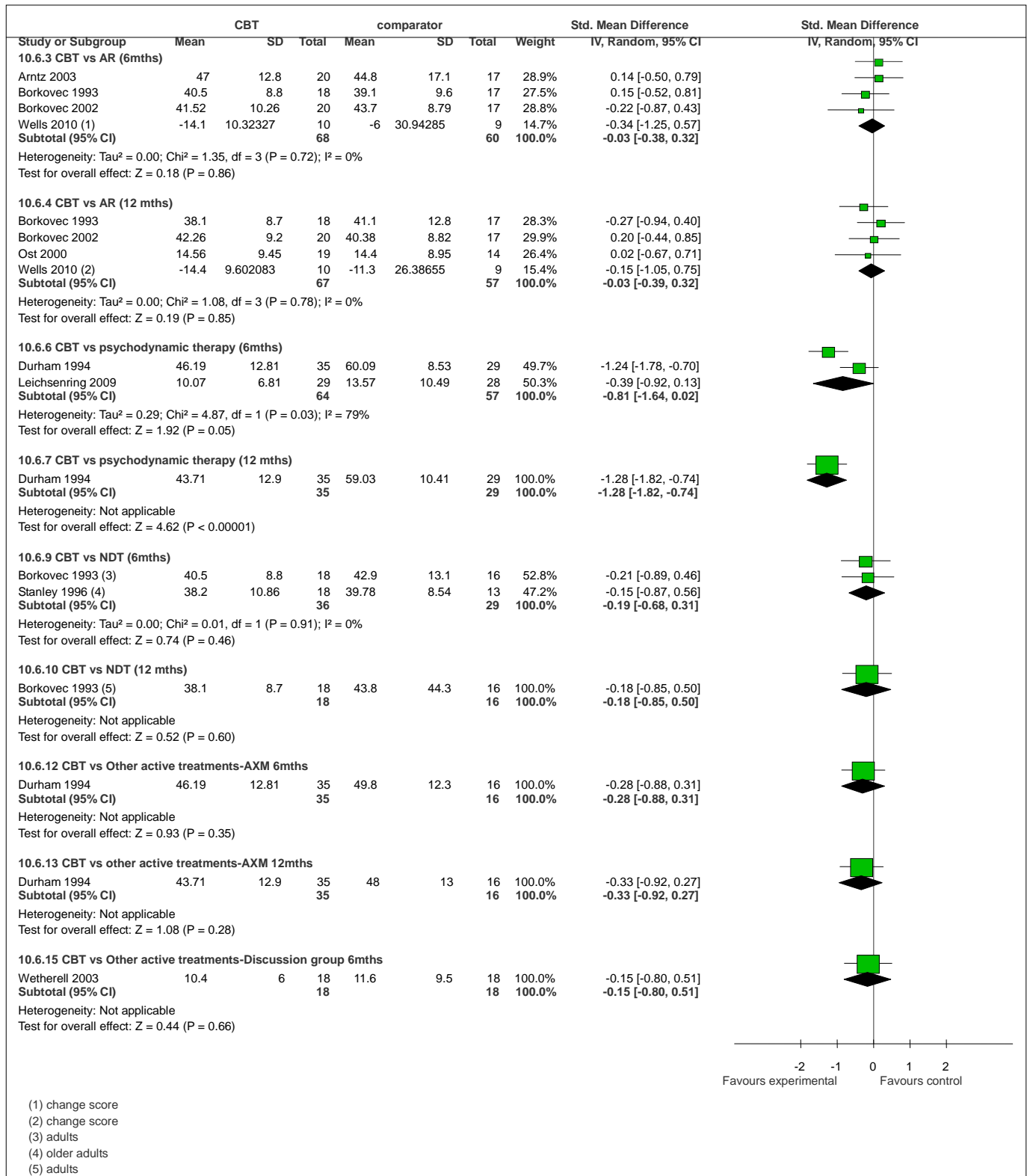


- (1) change score
- (2) adults
- (3) older adults

1.2 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

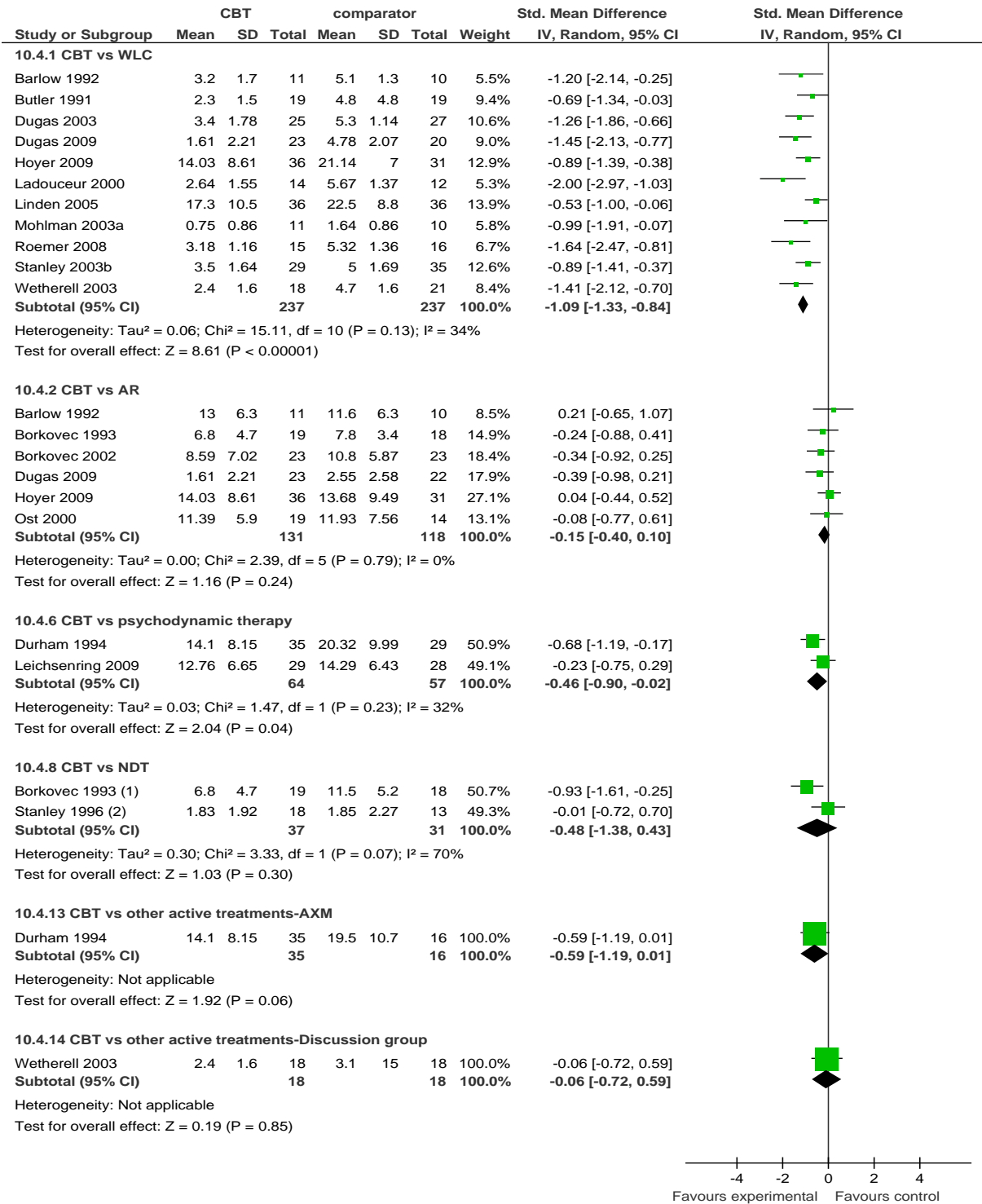
Outcome: Anxiety (self-rated) at follow-up



1.3 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Anxiety (clinician-rated)

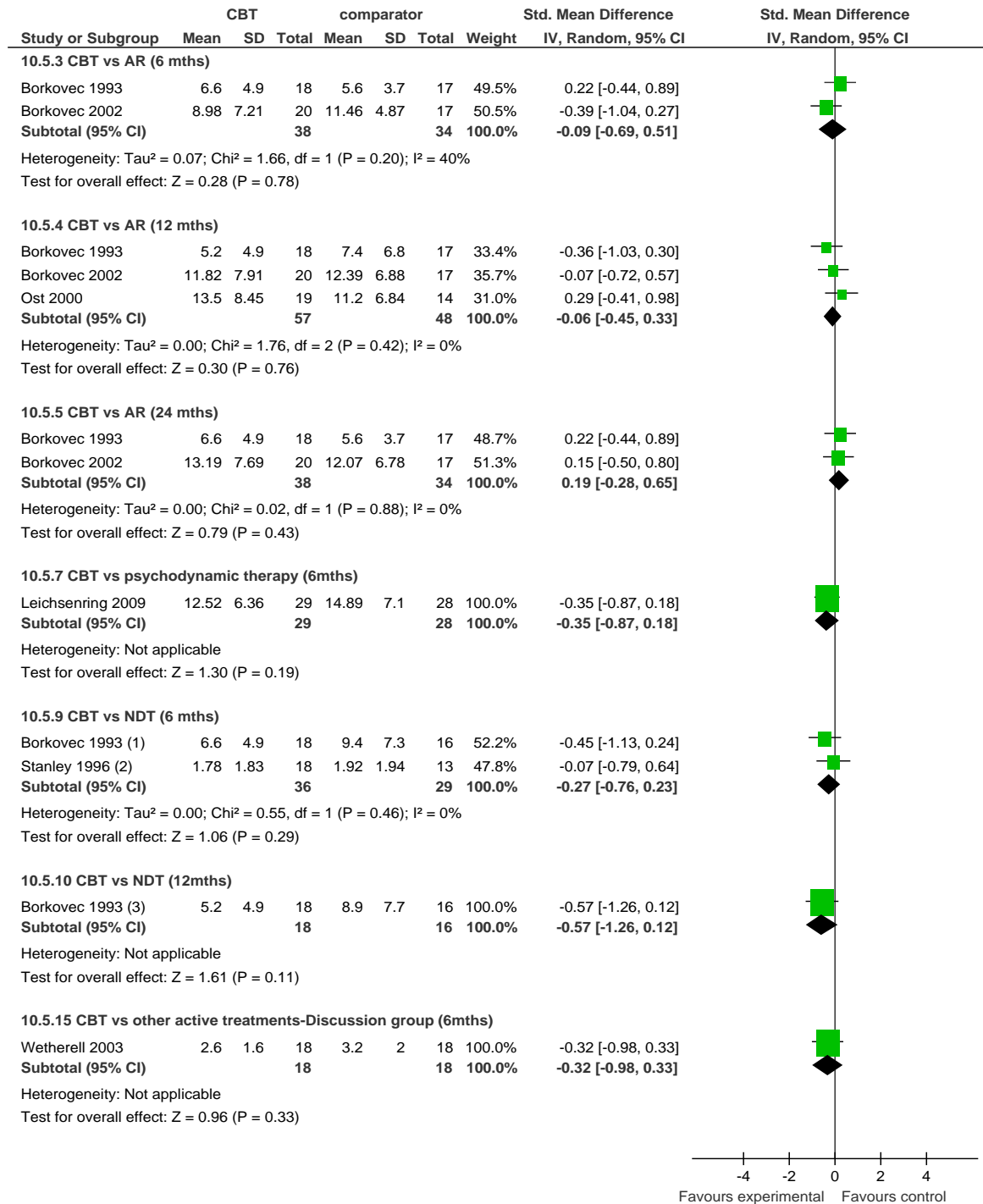


(1) adults
(2) older adults

1.4 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Anxiety (clinician-rated) at follow-up

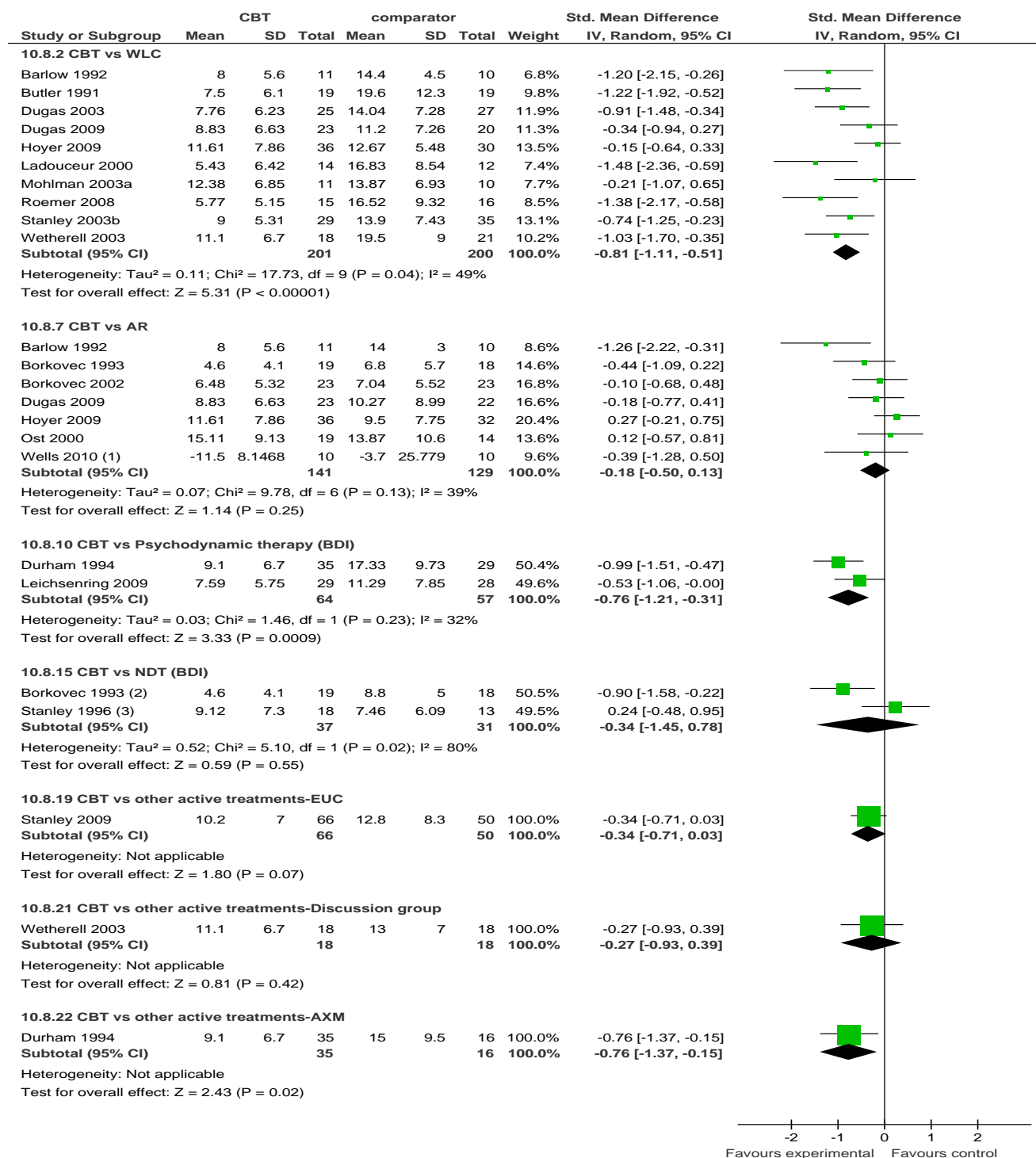


- (1) adults
- (2) older adults
- (3) adults

1.5 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Depression (self-rated)

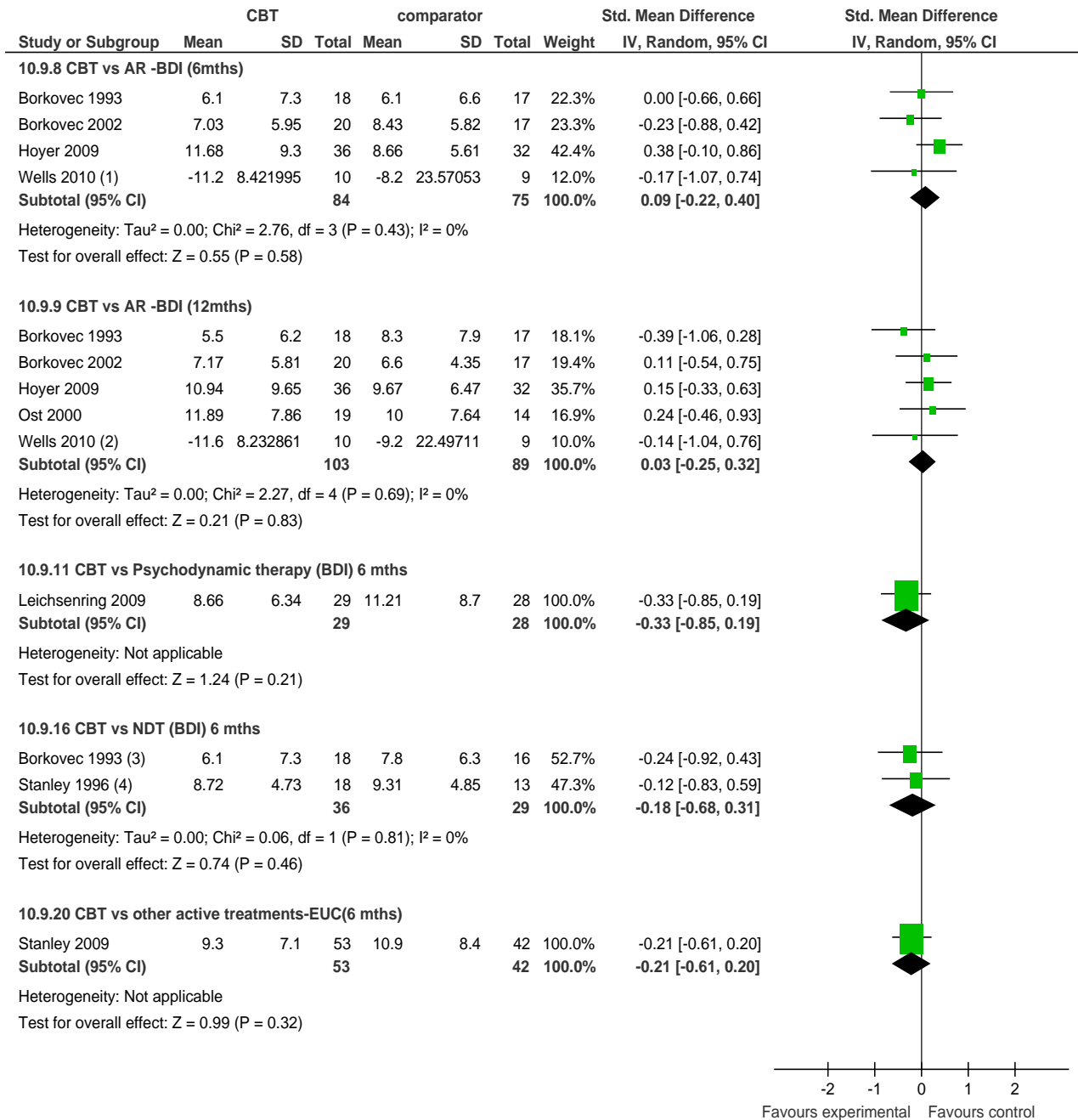


- (1) (change score)
- (2) adults
- (3) older adults

1.6 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Depression (self-rated) at follow-up



(1) (change score)

(2) (change score)

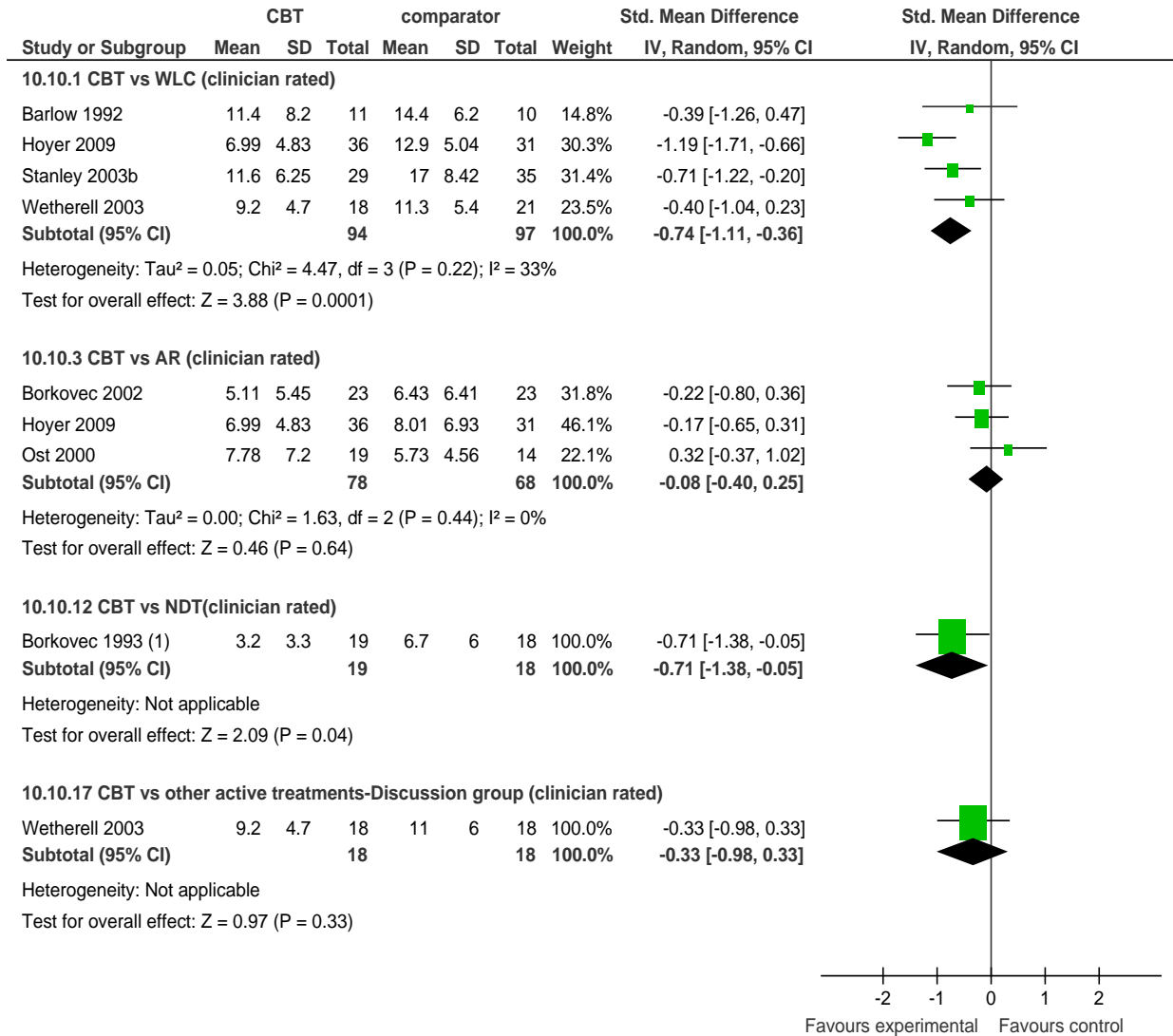
(3) adults

(4) older adults

1.7 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Depression (clinician-rated)

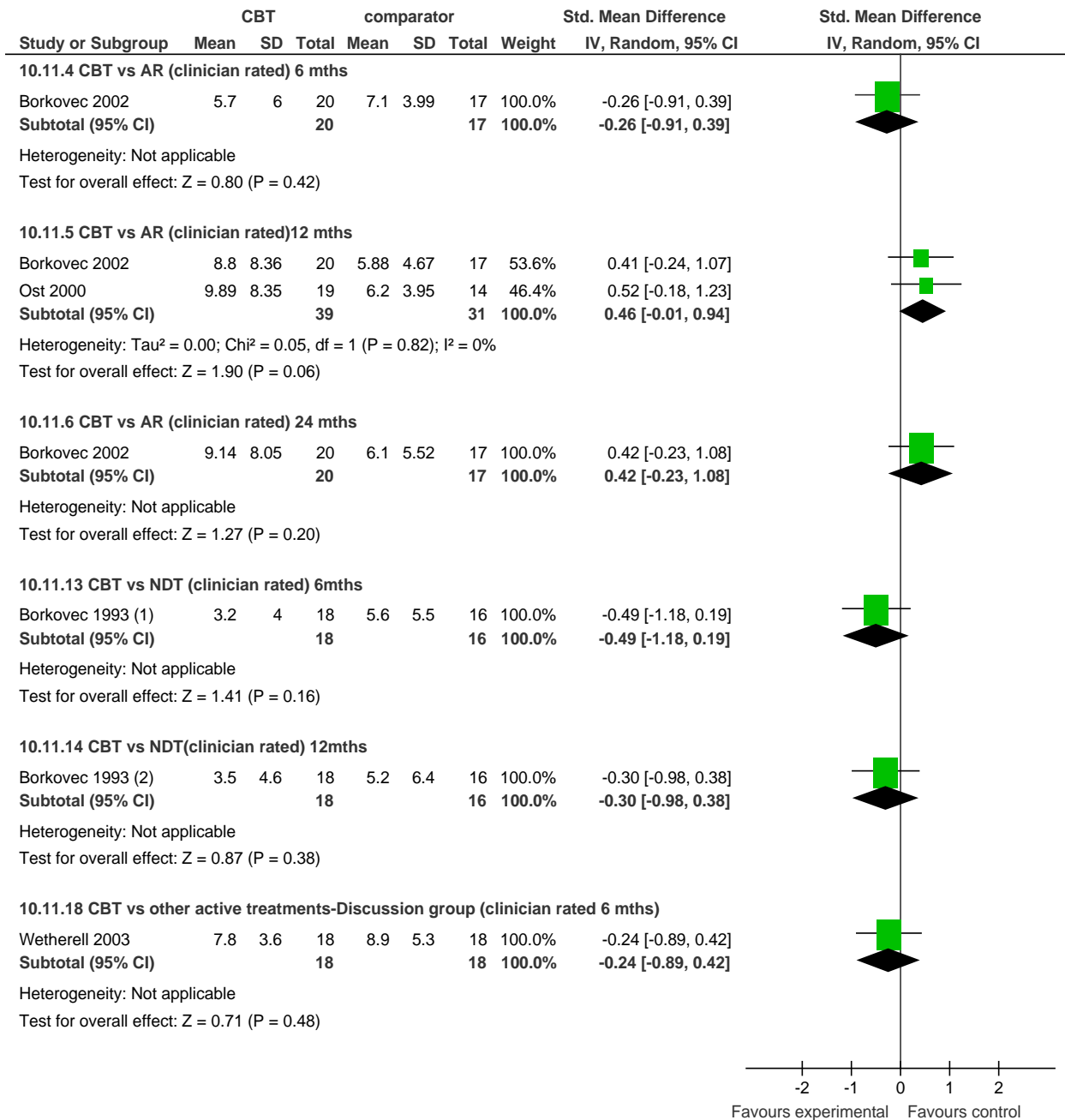


(1) adults

1.8 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Depression (clinician-rated) at follow-up



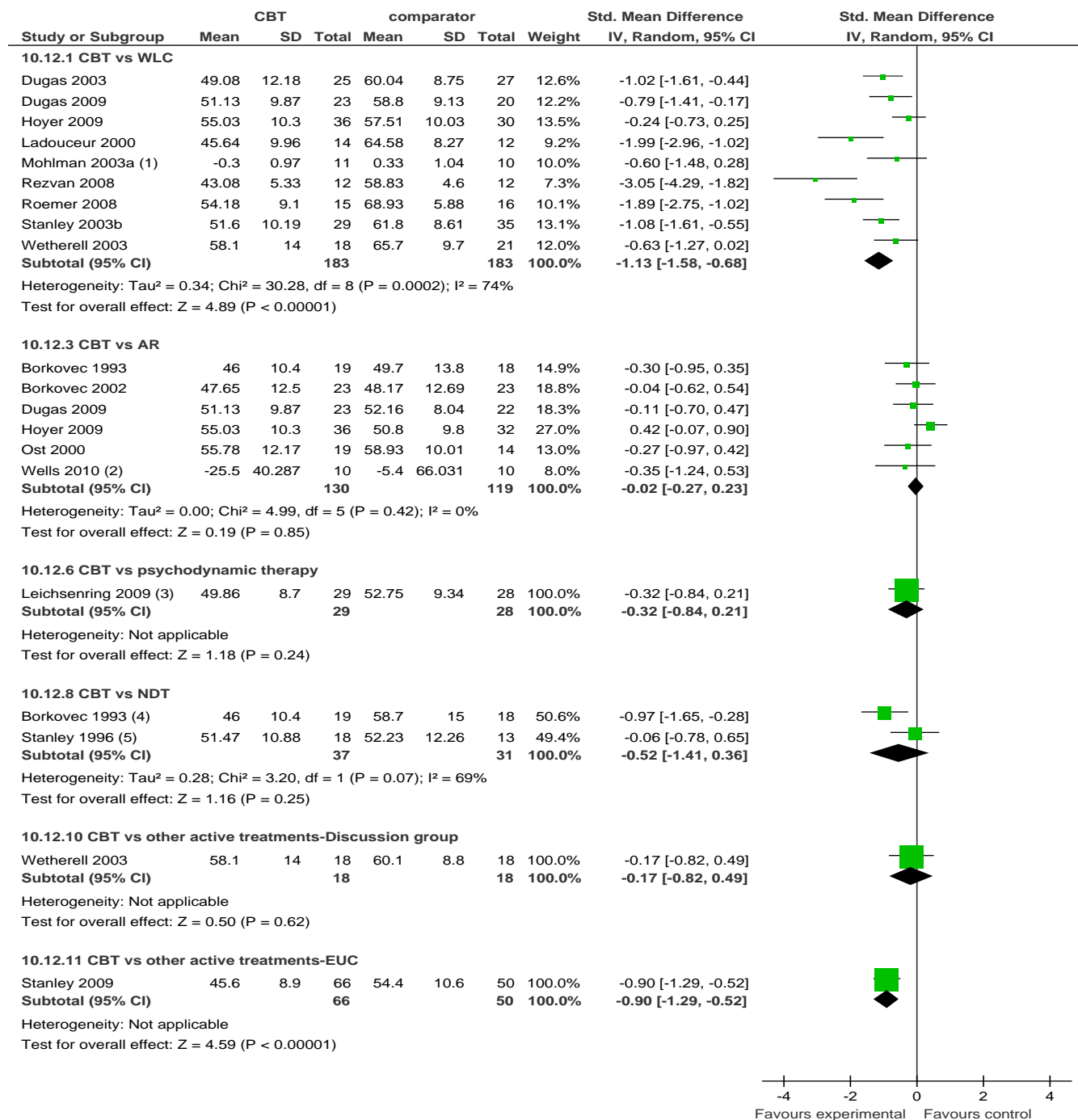
(1) adults

(2) adults

1.9 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Worry



- (1) (change score)
- (2) (change score)
- (3) change scores
- (4) adults
- (5) older adults

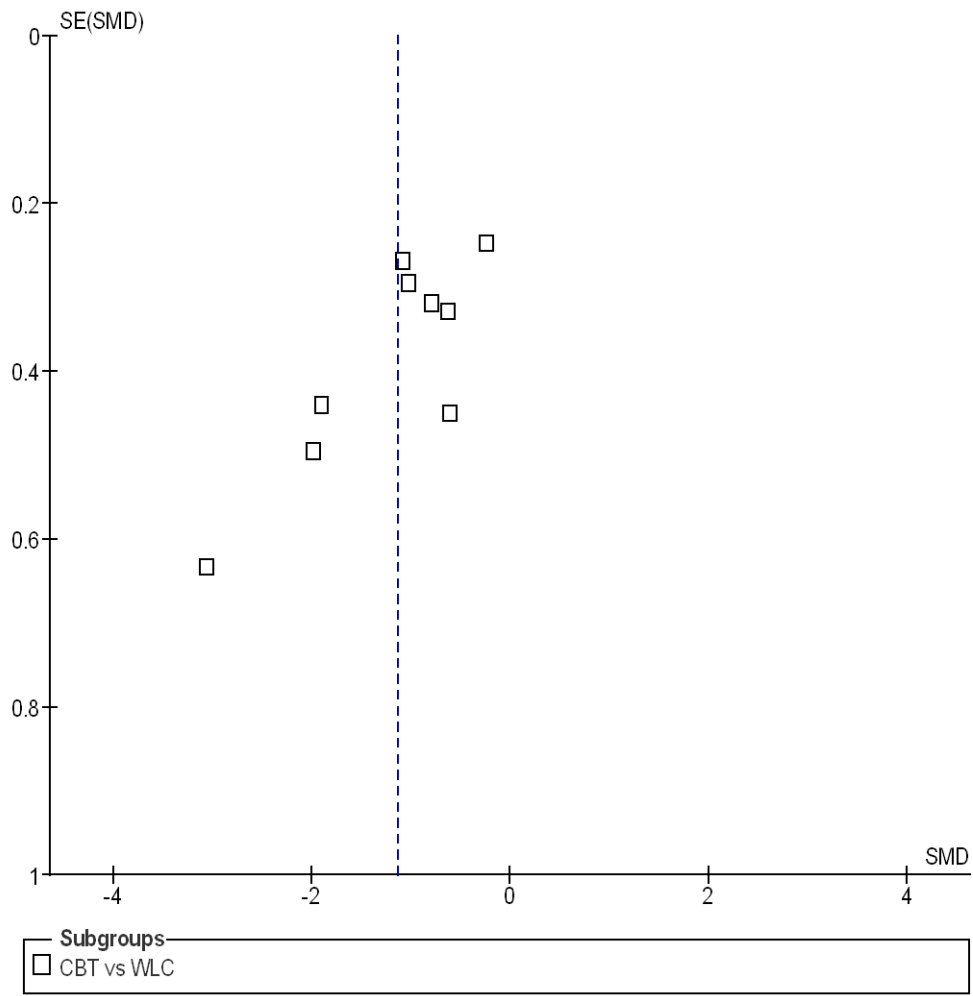
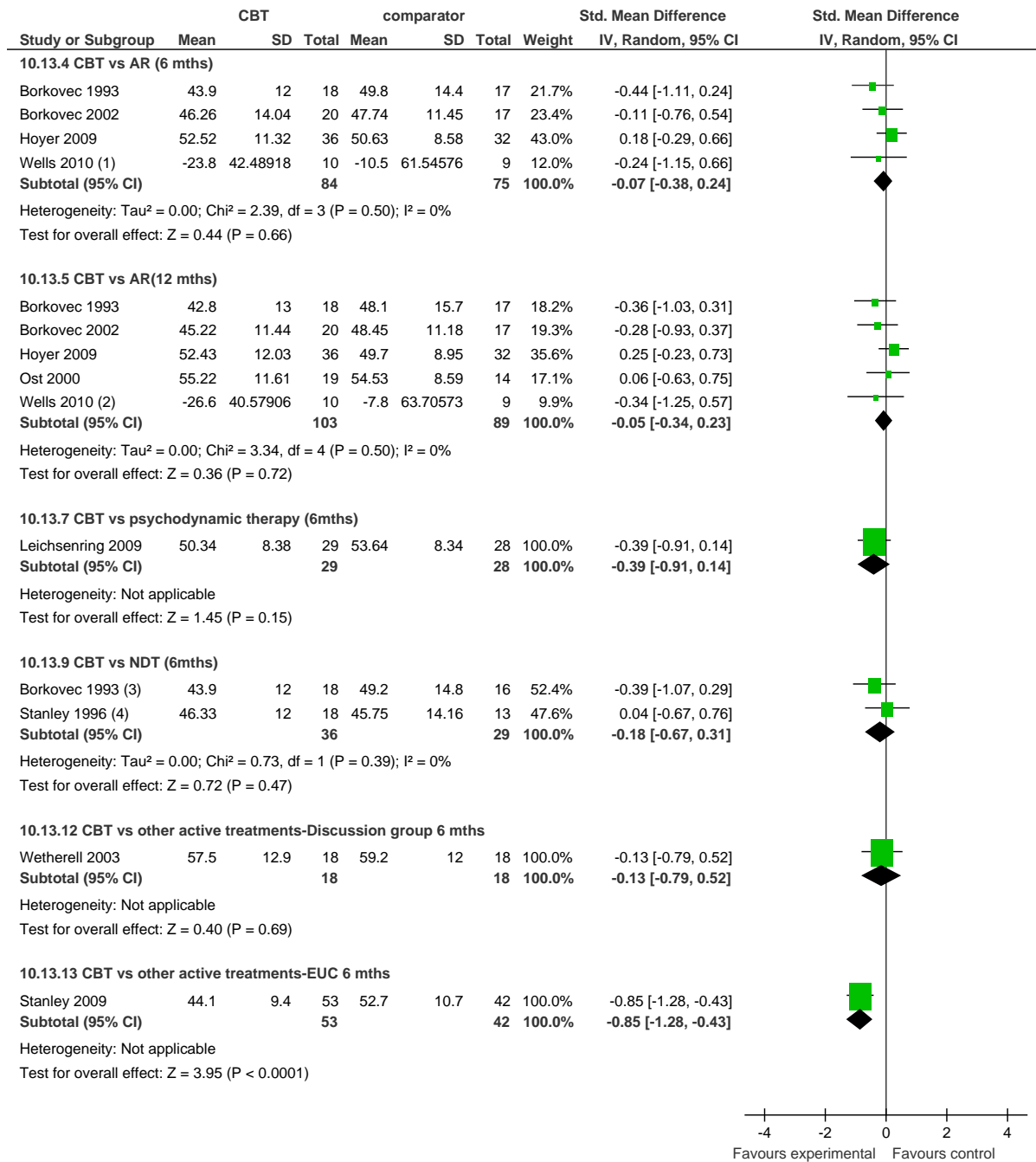


Figure 1: Funnel plot for worry outcome (CBT versus WLC)

1.10 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Worry at follow-up

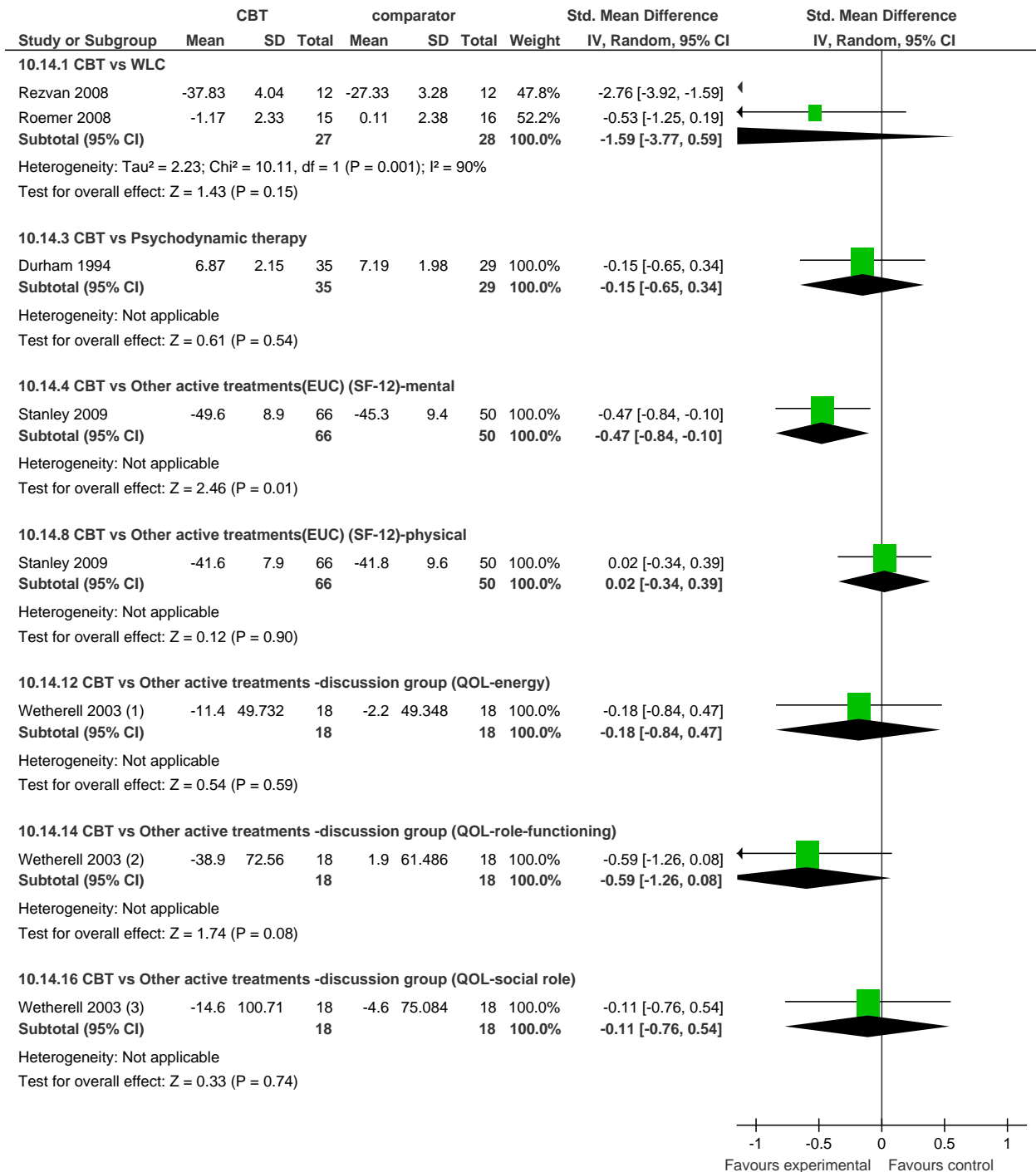


- (1) (change score)
- (2) (change score)
- (3) adults
- (4) older adults

1.11 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Quality of life

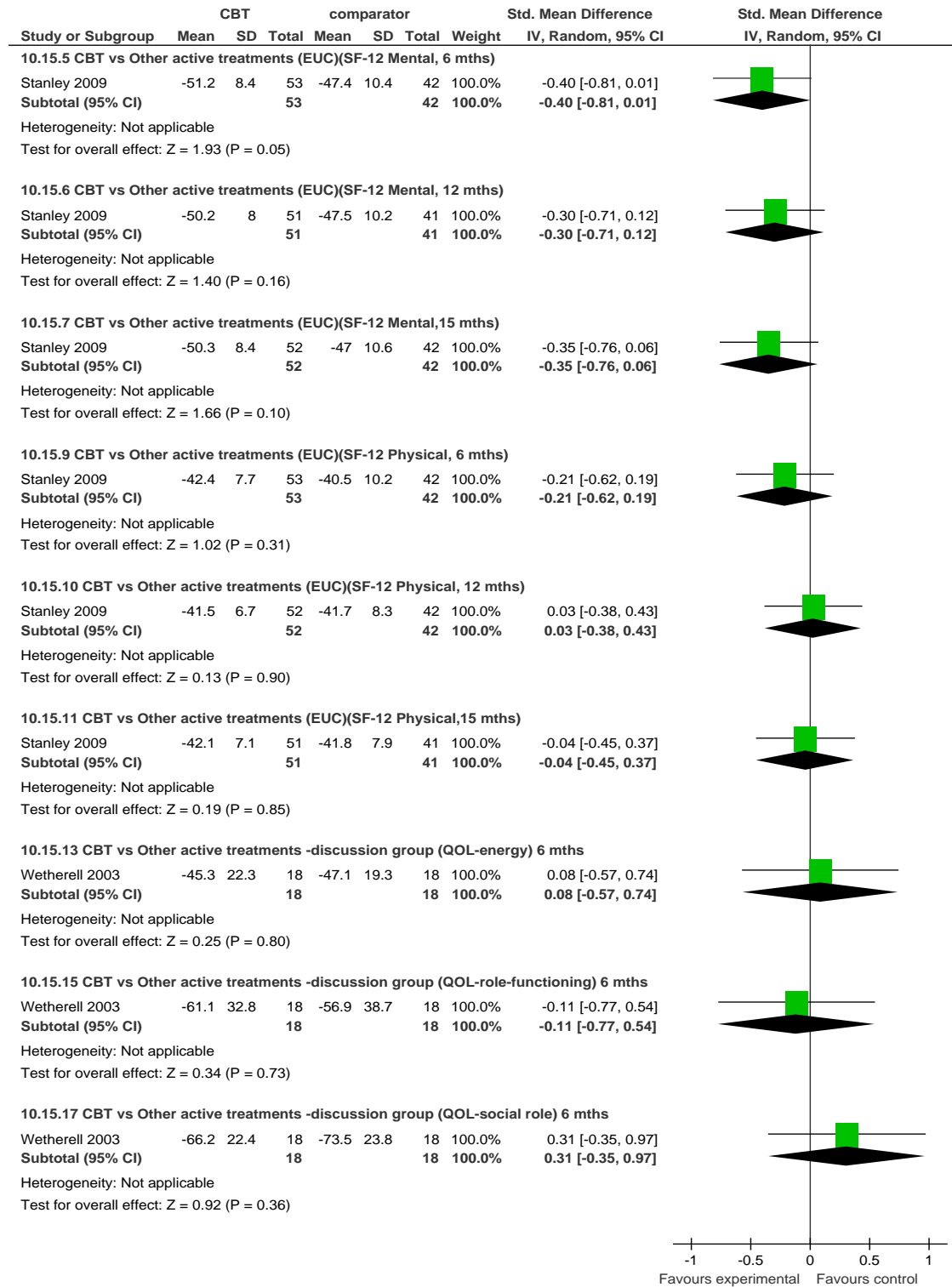


- (1) change score
- (2) (change score)
- (3) (change score)

1.12 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

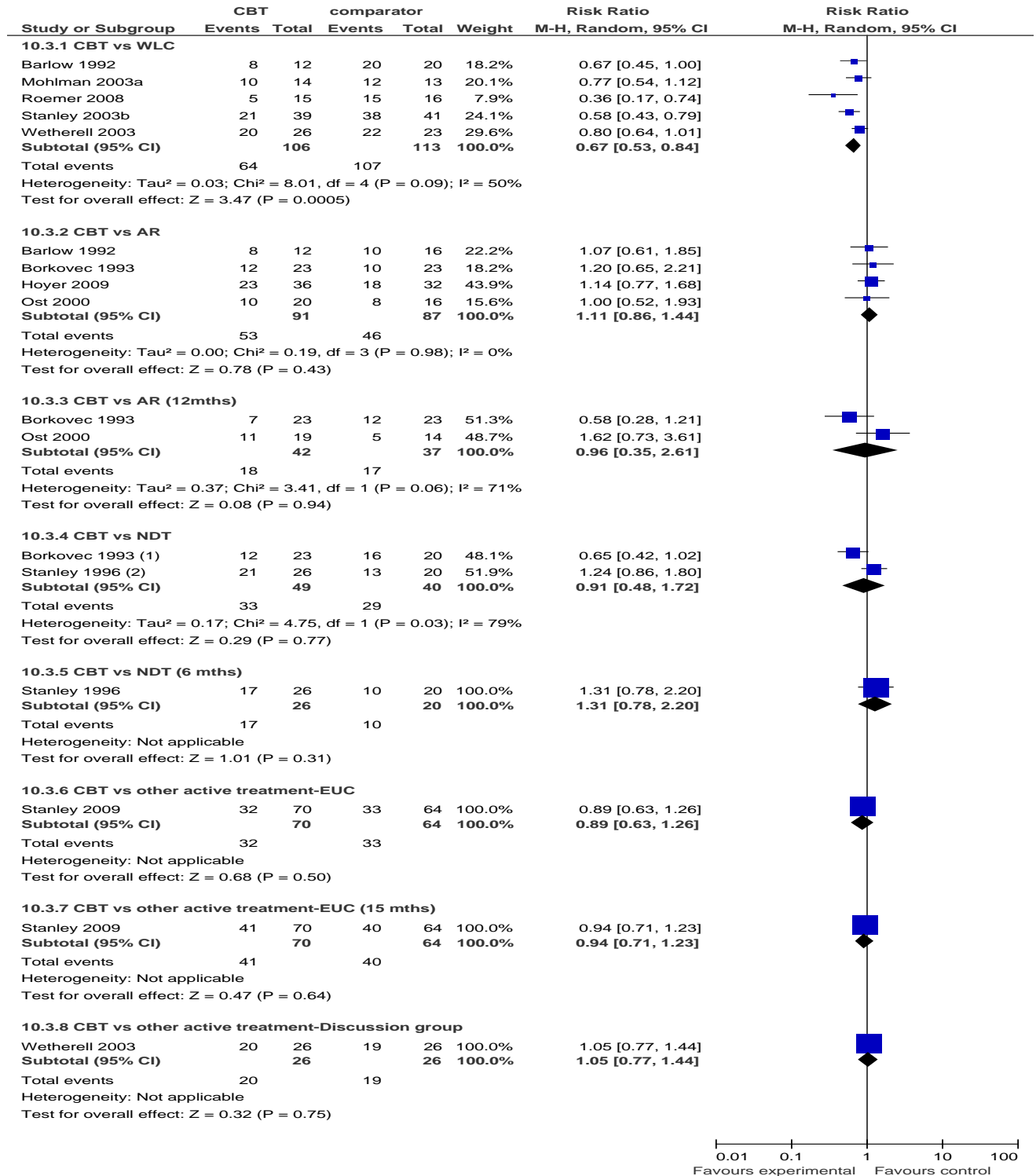
Outcome: Quality of life at follow-up



1.13 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Non-response

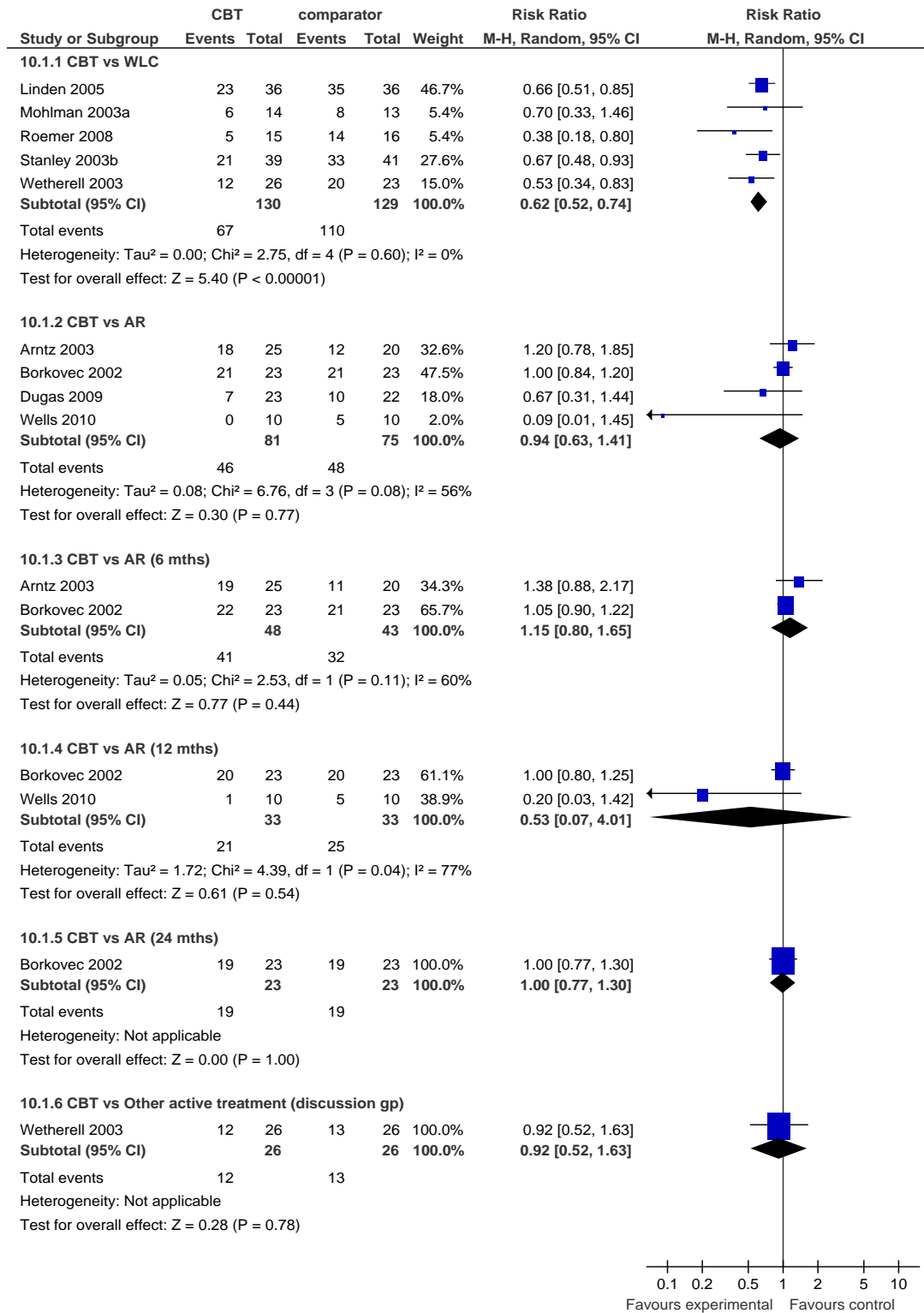


(1) adults
(2) older adults

1.14 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

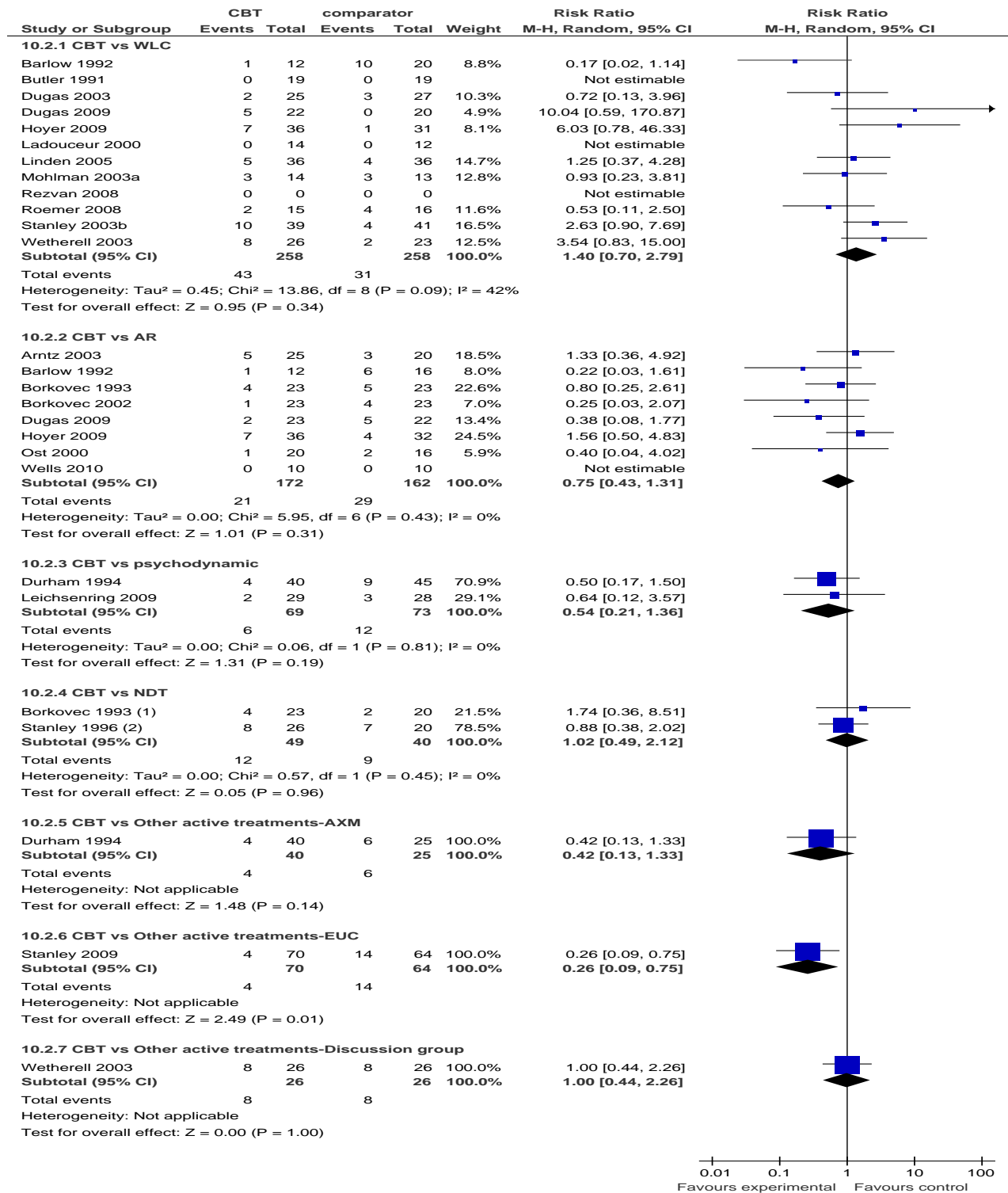
Outcome: Non-remission



1.15 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Discontinuation due to any reason

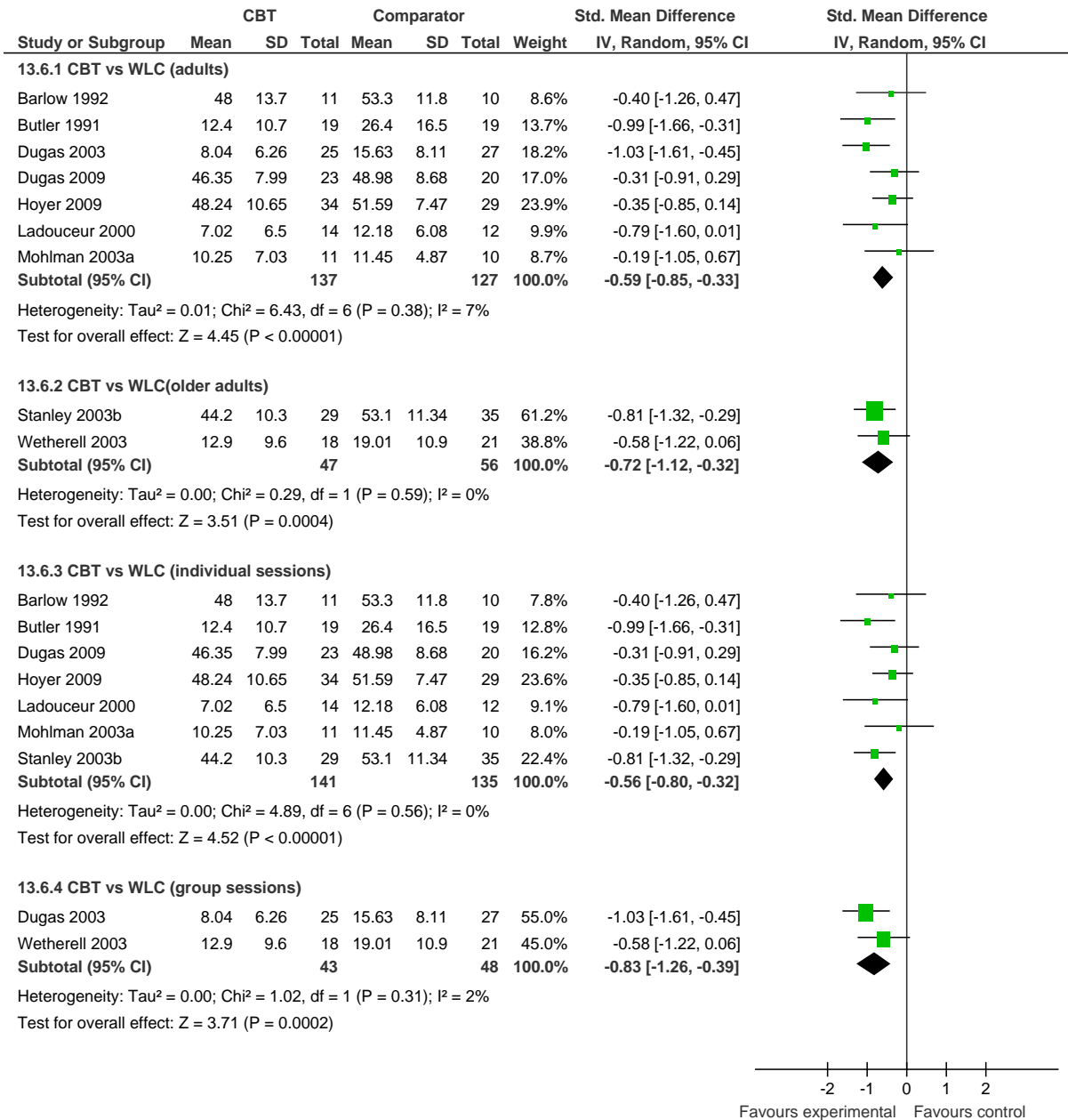


(1) adults
(2) older adults

1.16 CBT for GAD

Comparator: Waitlist control (WLC)

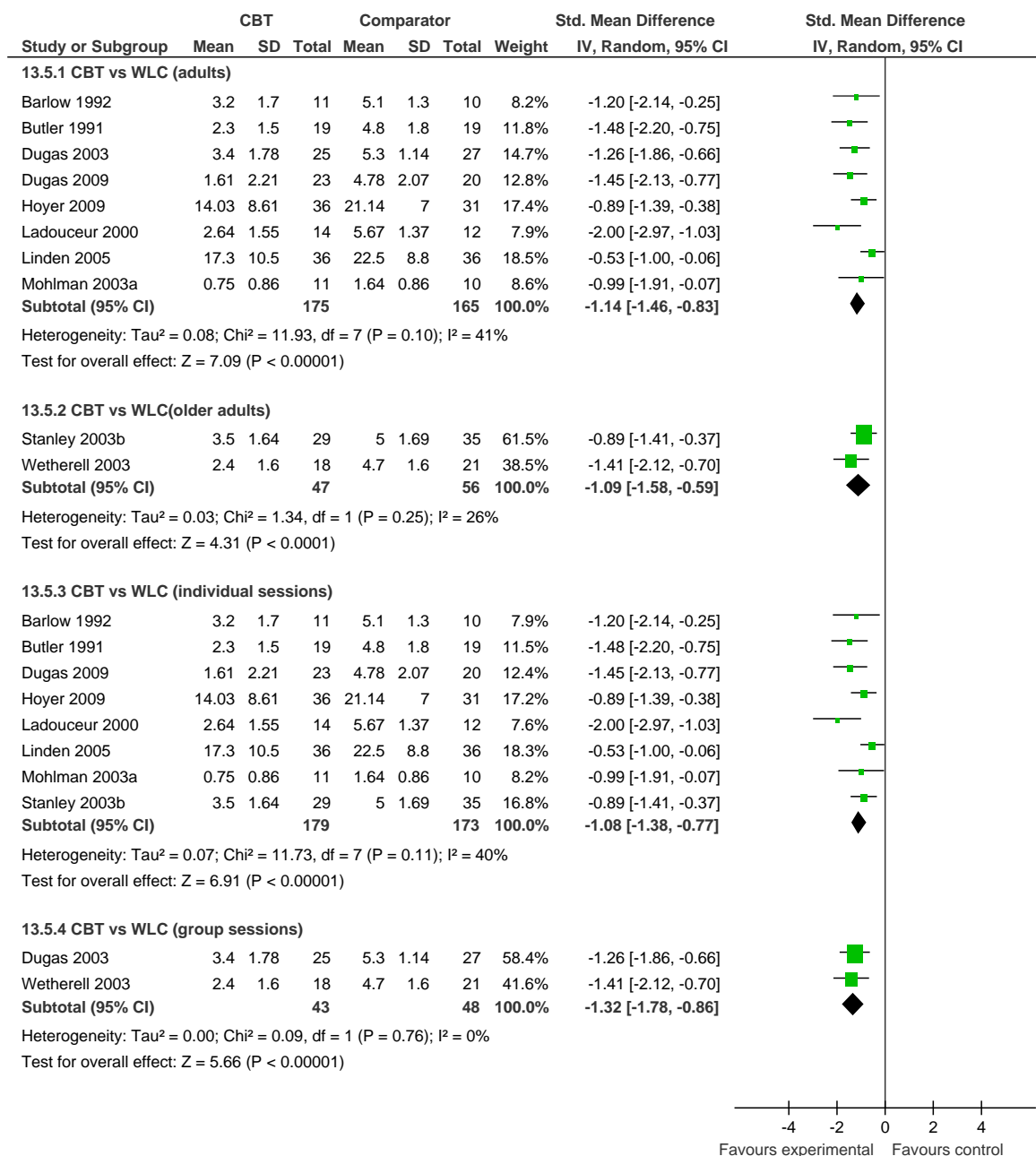
Outcome: Subgroup analysis – anxiety (self-rated)



1.17 CBT for GAD

Comparator: Waitlist control (WLC)

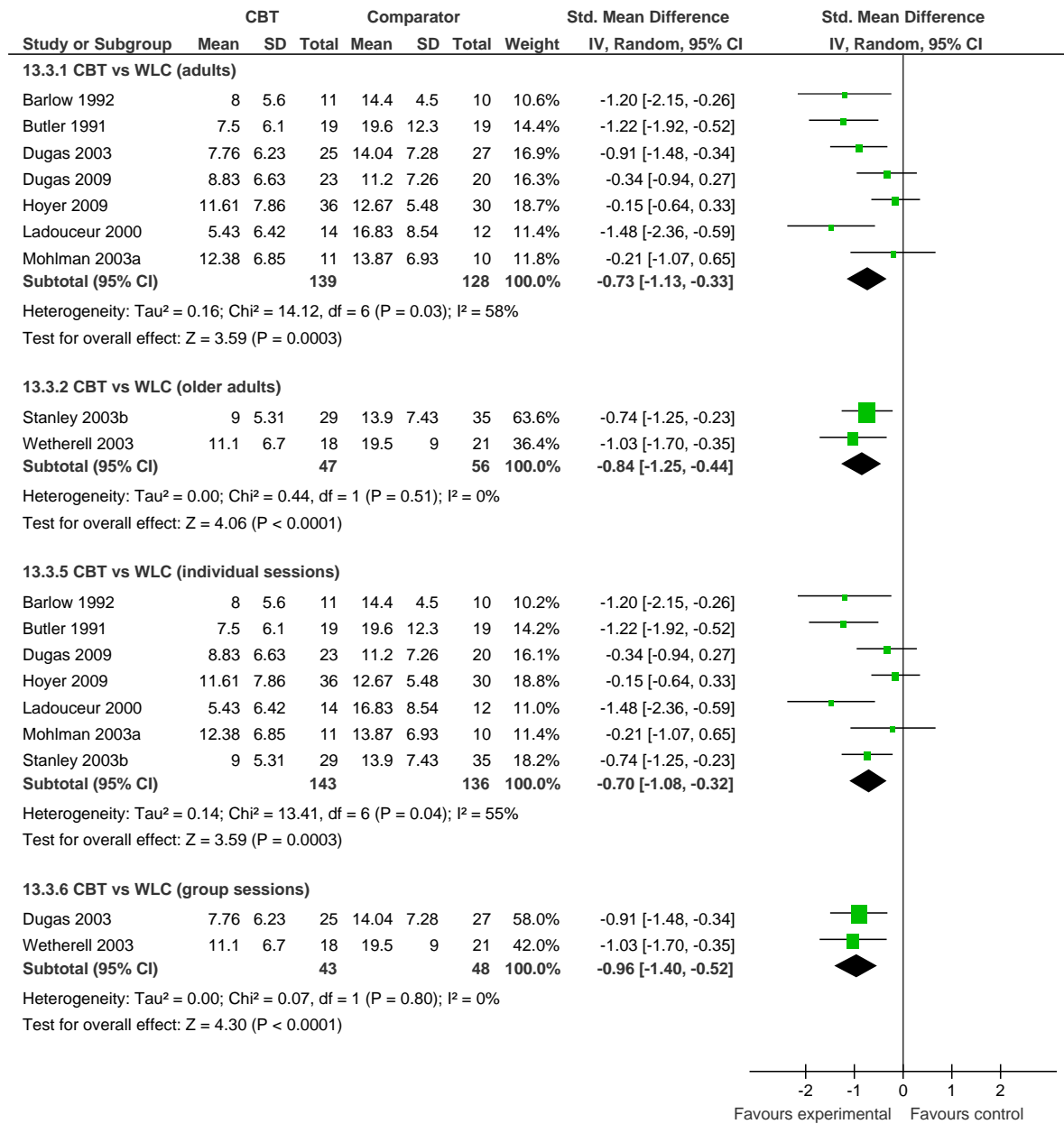
Outcome: Subgroup analysis – anxiety (clinician-rated)



1.18 CBT for GAD

Comparator: Waitlist control (WLC)

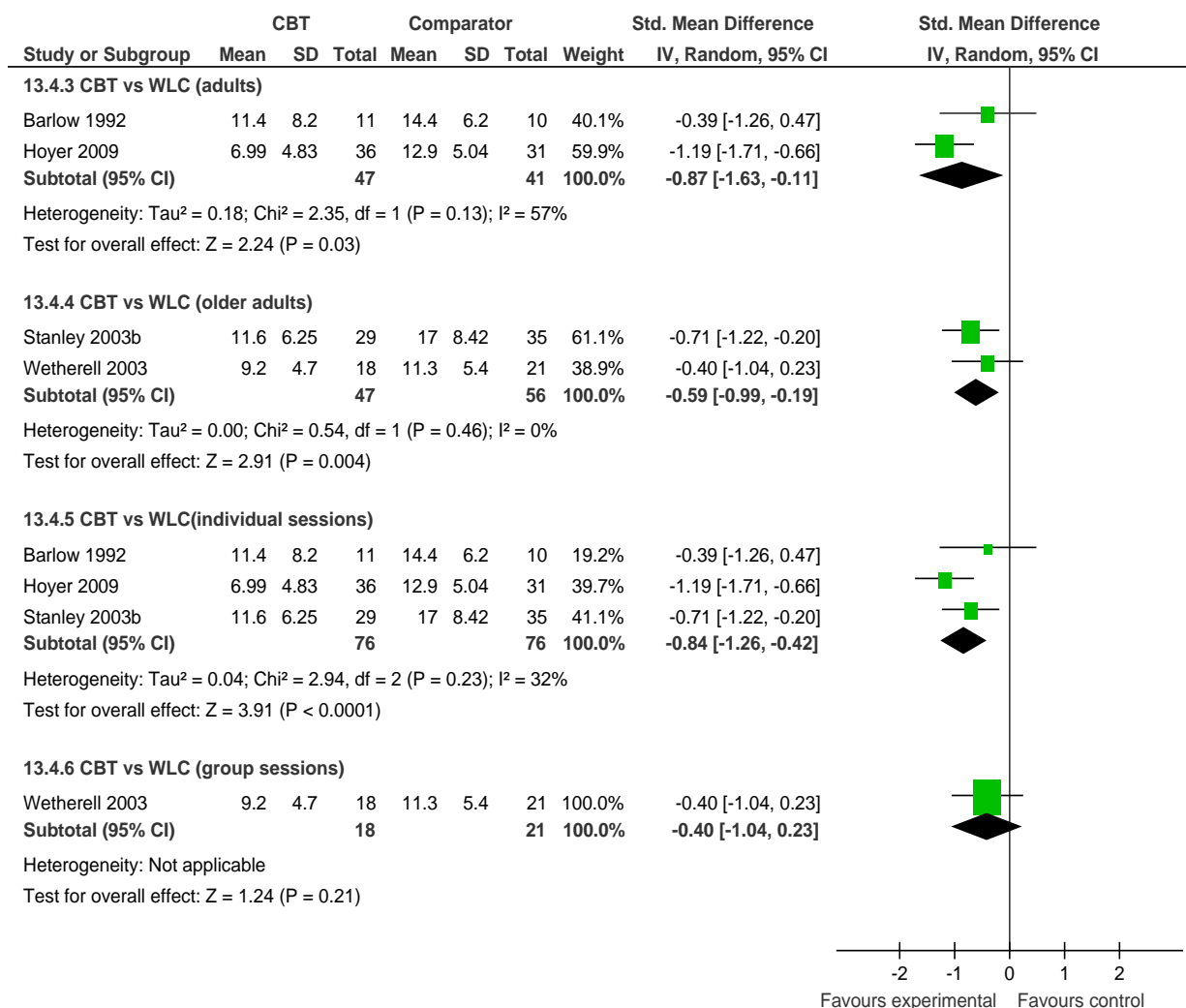
Outcome: Subgroup analysis – depression (self-rated)



1.19 CBT for GAD

Comparator: Waitlist control (WLC)

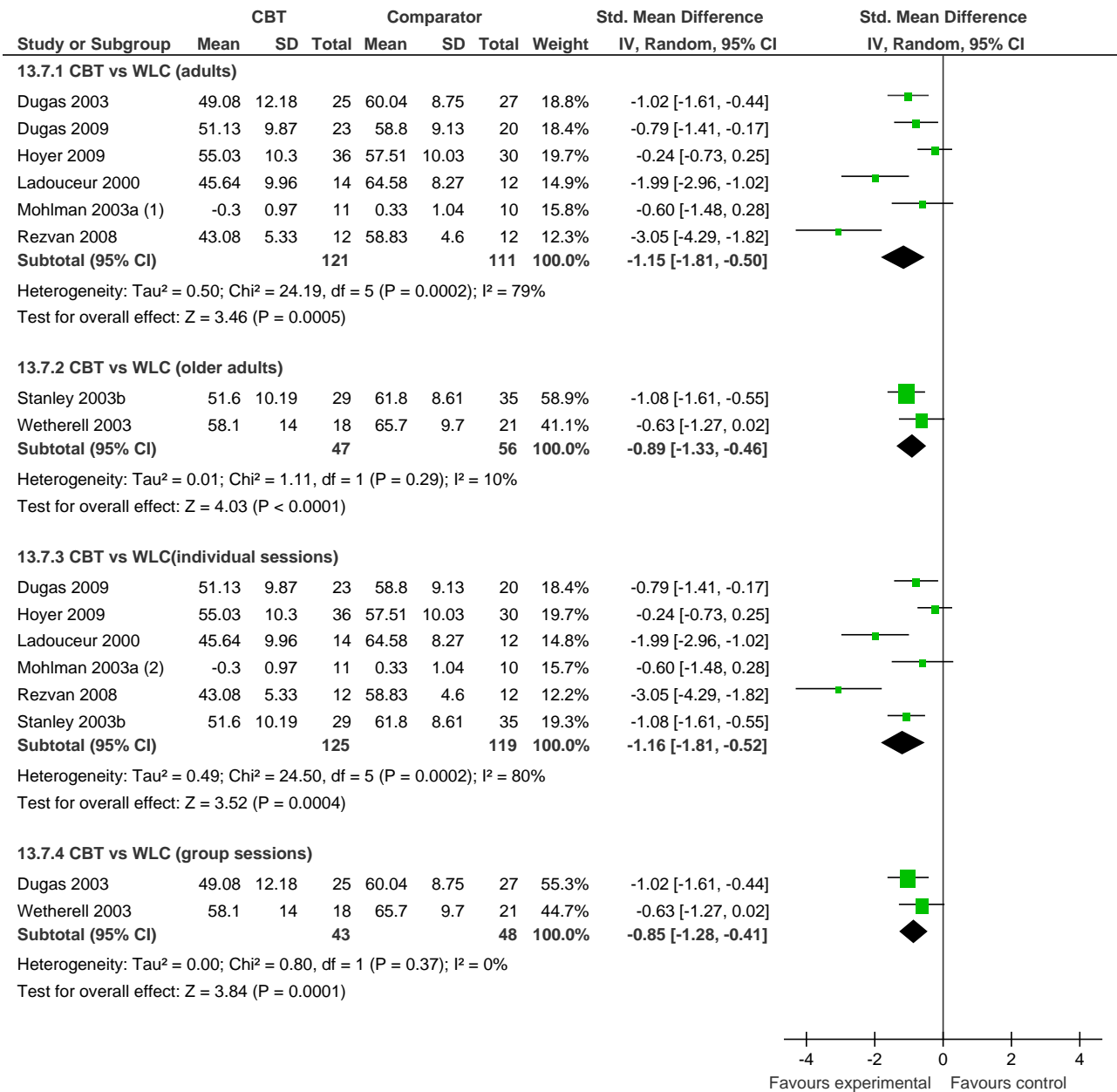
Outcome: Subgroup analysis – depression (clinician-rated)



1.20 CBT for GAD

Comparator: Waitlist control (WLC)

Outcome: Subgroup analysis – worry



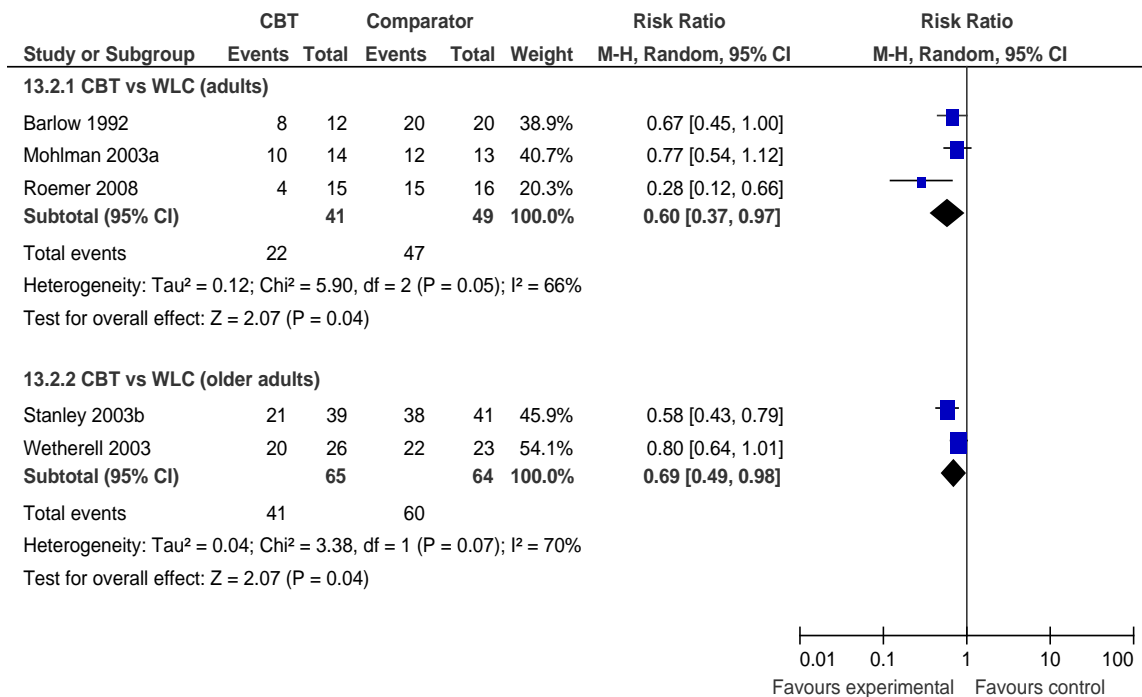
(1) (change score)

(2) change score

1.21 CBT for GAD

Comparator: Waitlist control (WLC)

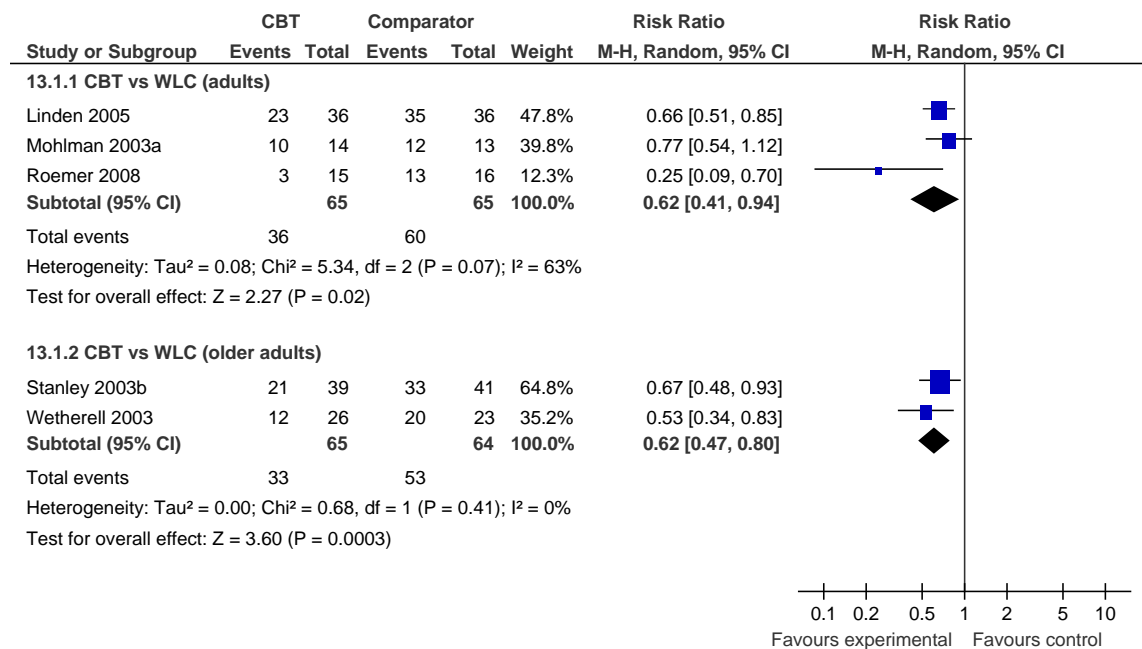
Outcome: Subgroup analysis – non-response



1.22 CBT for GAD

Comparator: Waitlist control (WLC)

Outcome: Subgroup analysis – non-remission

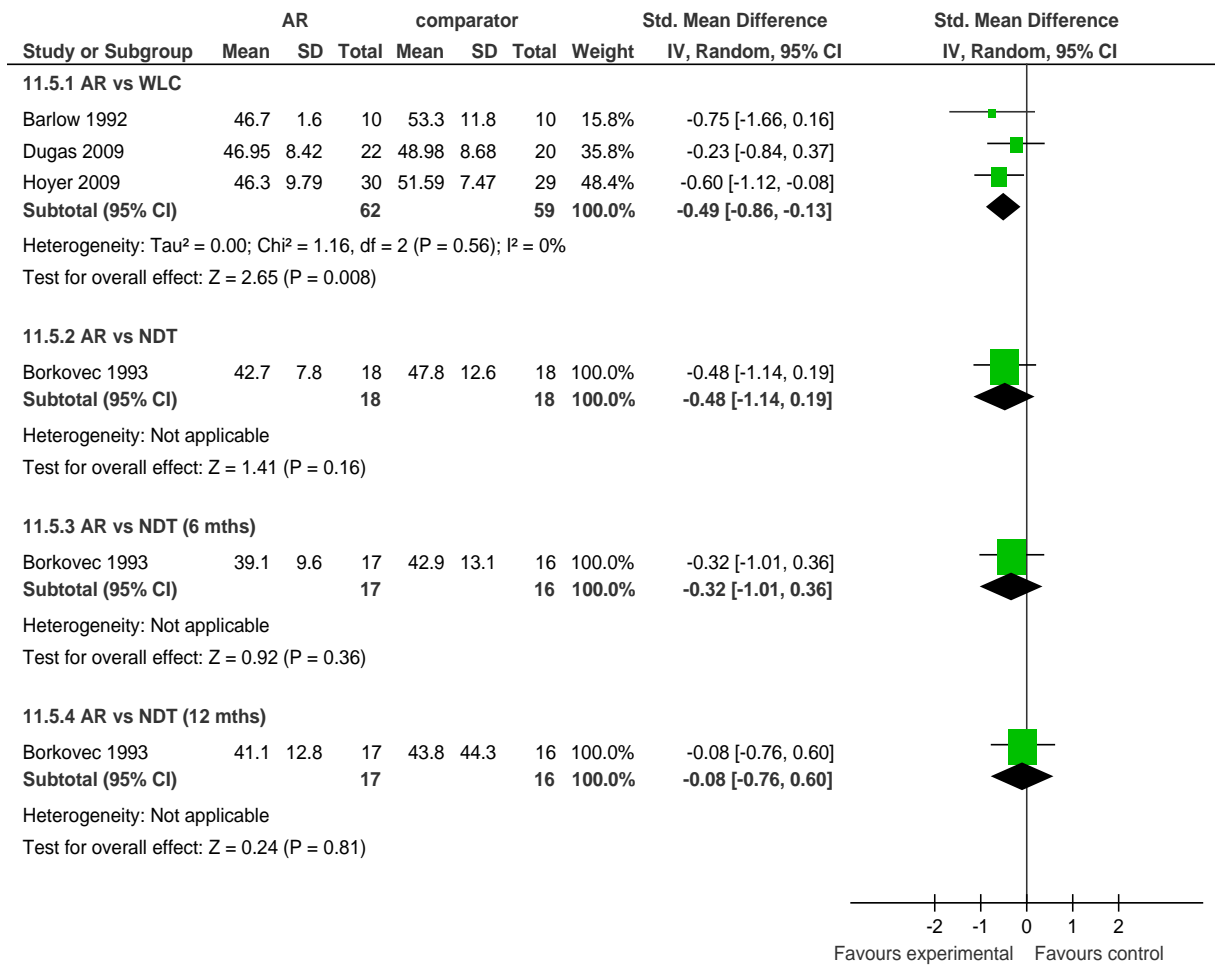


2 Applied relaxation

2.1 Applied relaxation (AR) for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

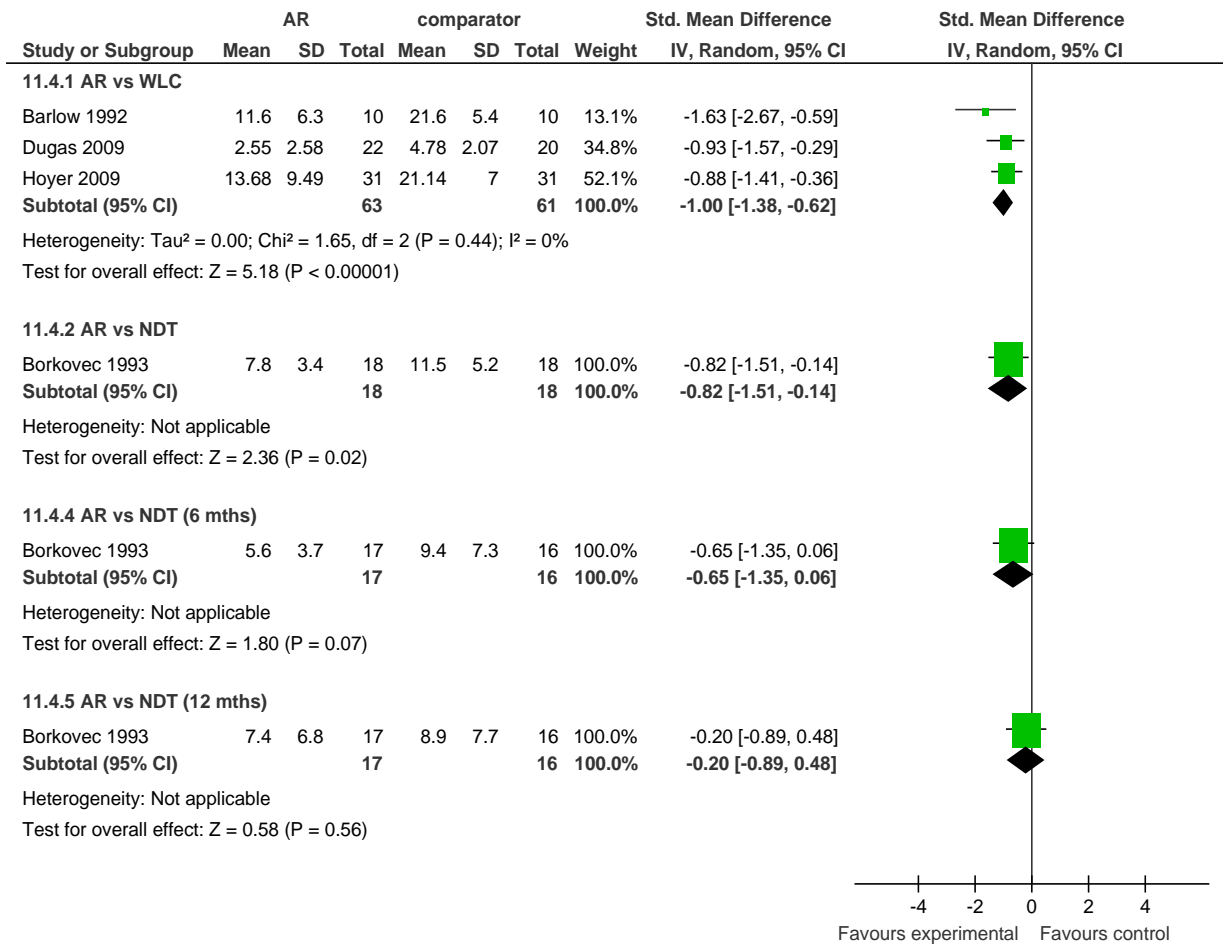
Outcome: Anxiety (self-rated)



2.2 Applied relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

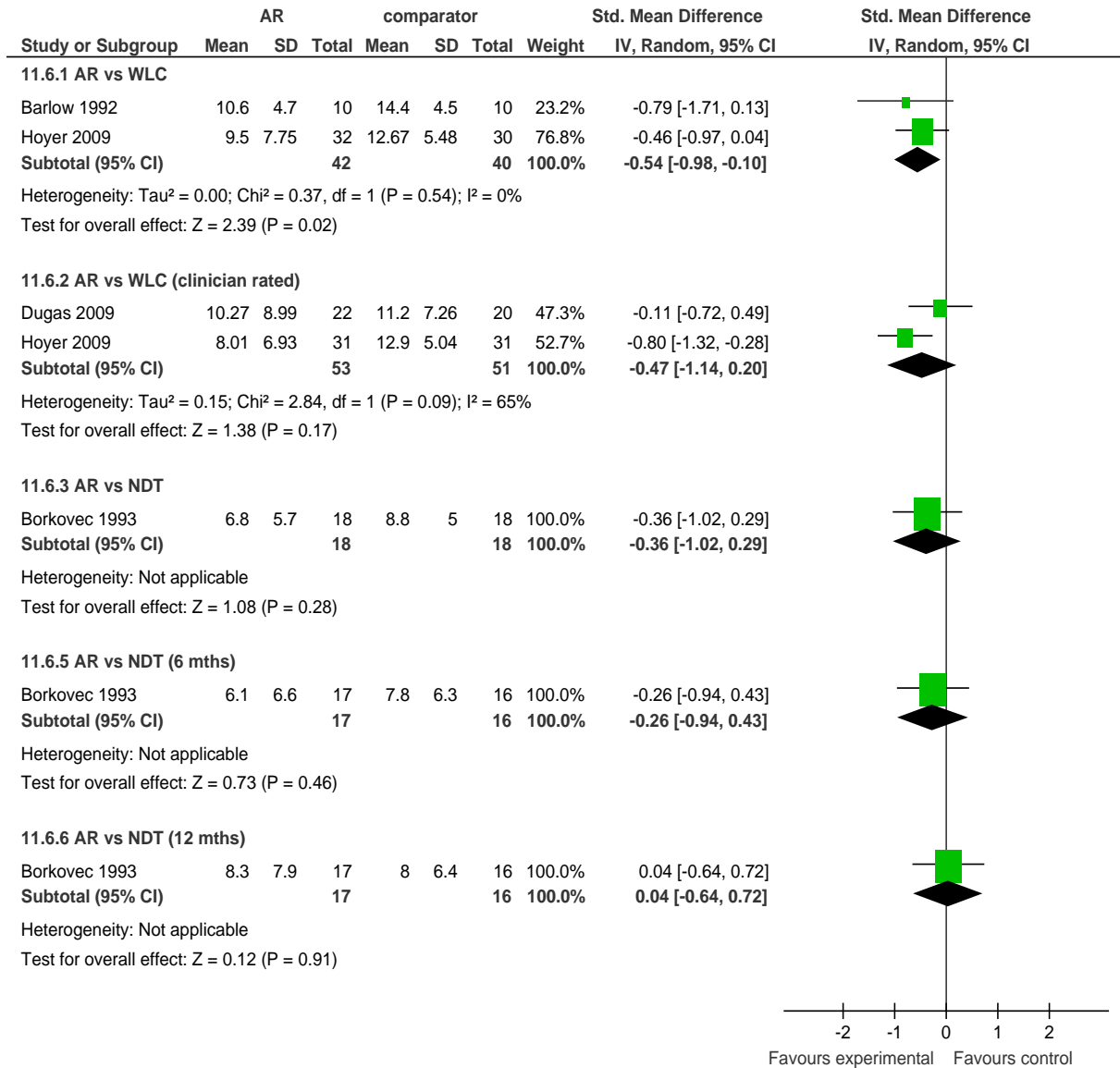
Outcome: Anxiety (clinician-rated)



2.3 Applied relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

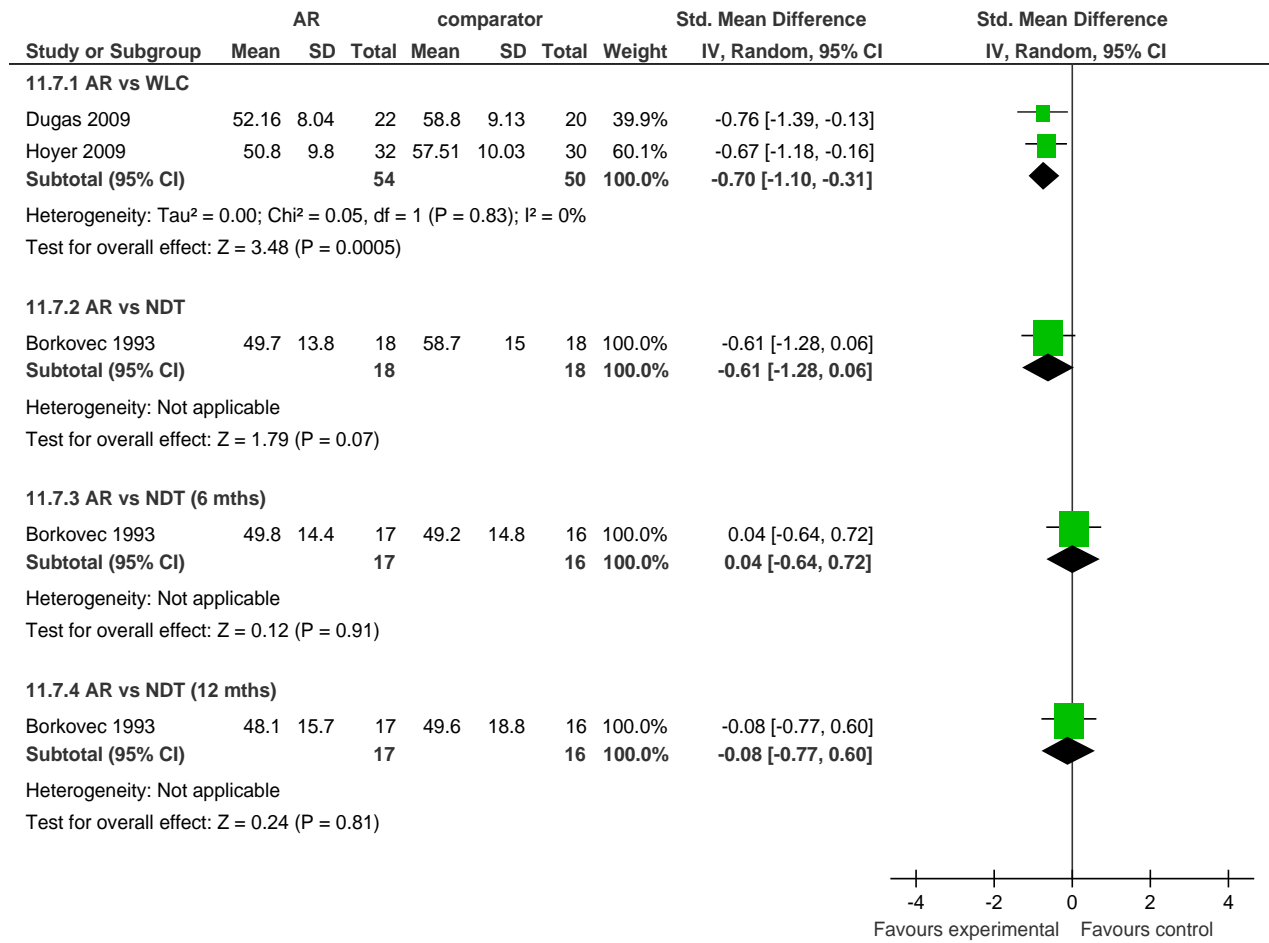
Outcome: Depression (self- and clinician-rated)



2.4 Applied relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

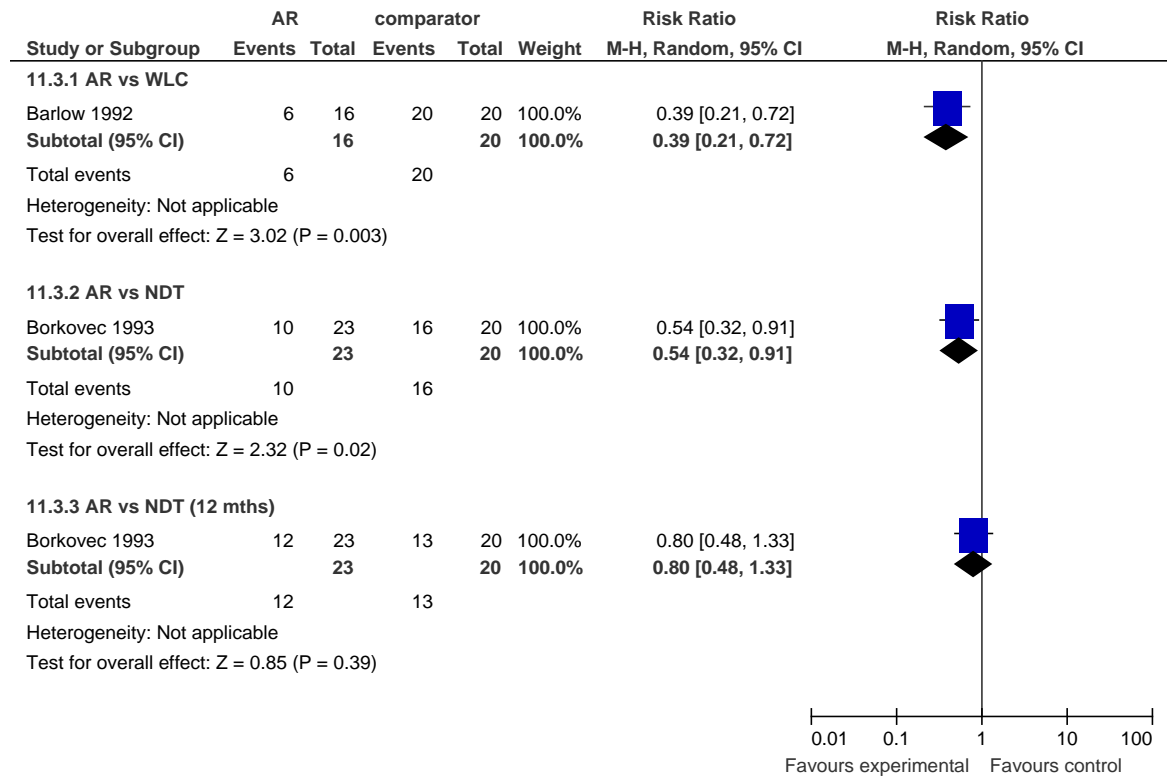
Outcome: Worry



2.5 Applied relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

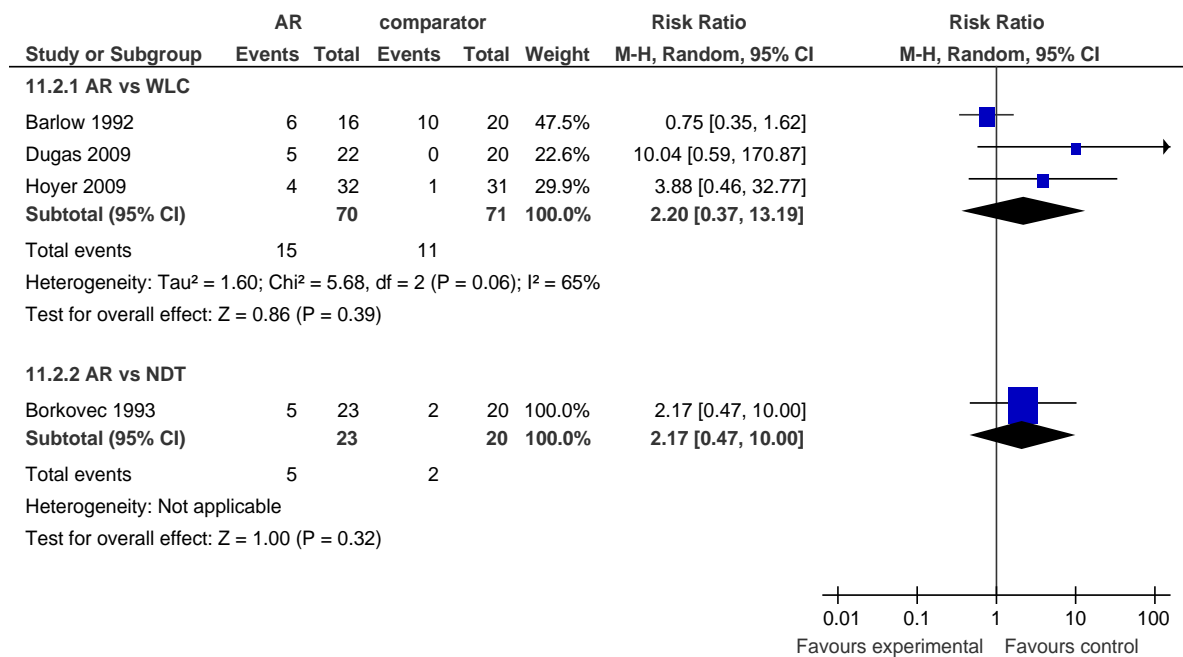
Outcome: Non-response



2.6 Applied relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

Outcome: Discontinuation due to any reason

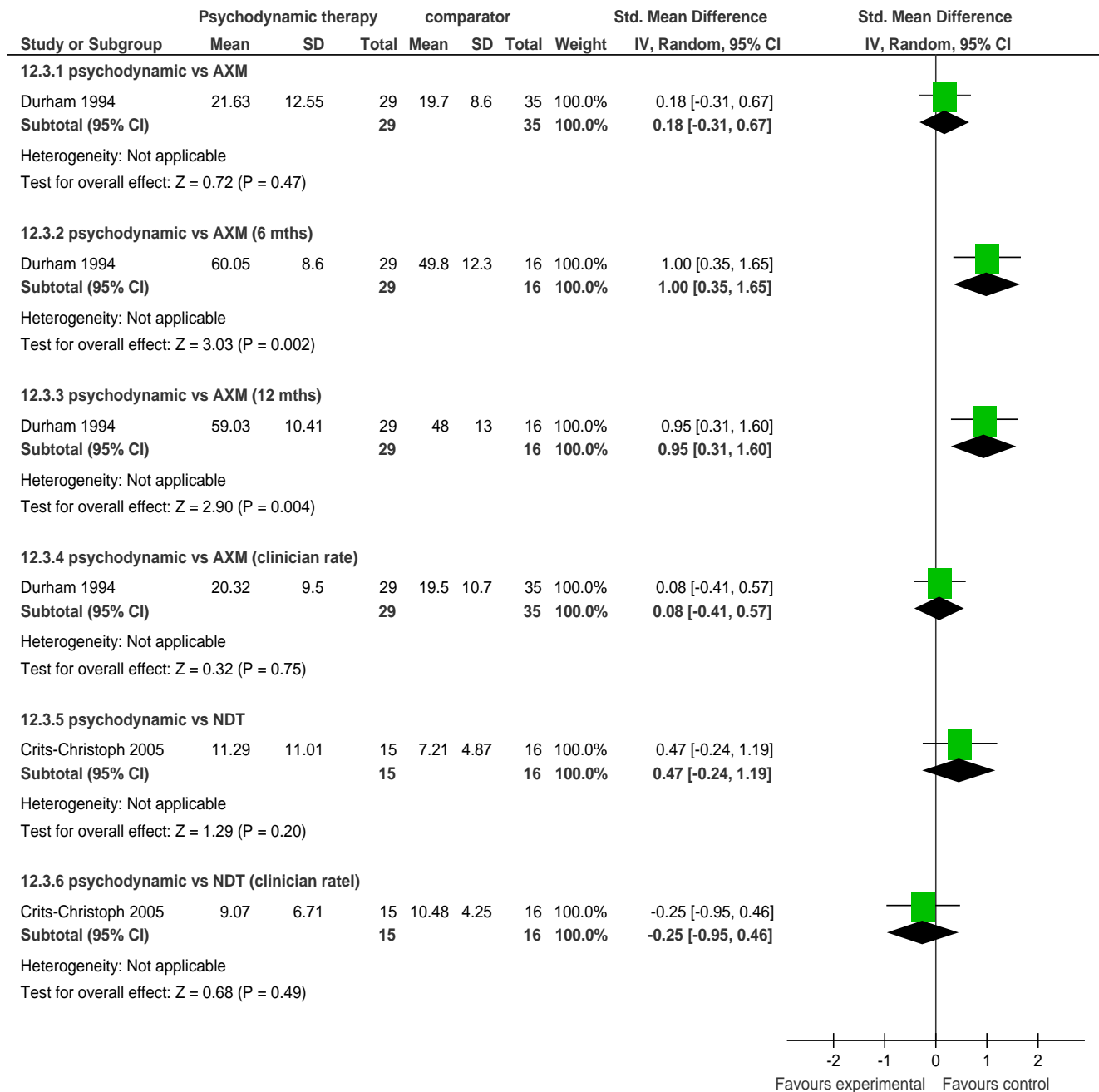


3 Psychodynamic therapy

3.1 Psychodynamic therapy for GAD

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

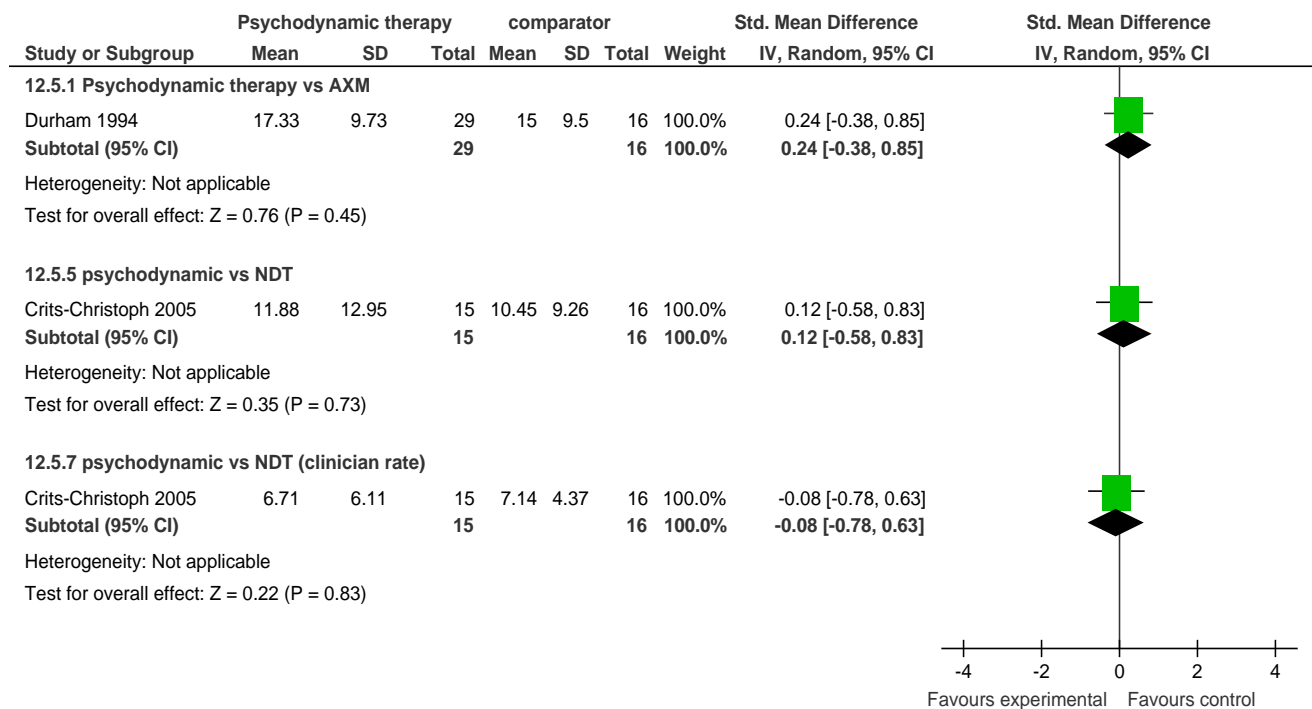
Outcome: Anxiety (self- and clinician-rated)



3.2 Psychodynamic therapy for GAD

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

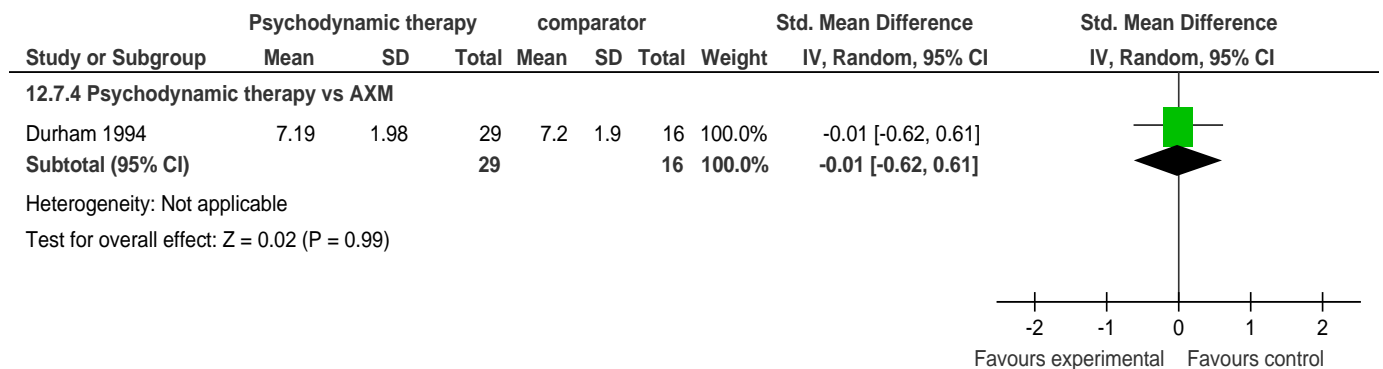
Outcome: Depression (self- and clinician-rated)



3.3 Psychodynamic therapy for GAD

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

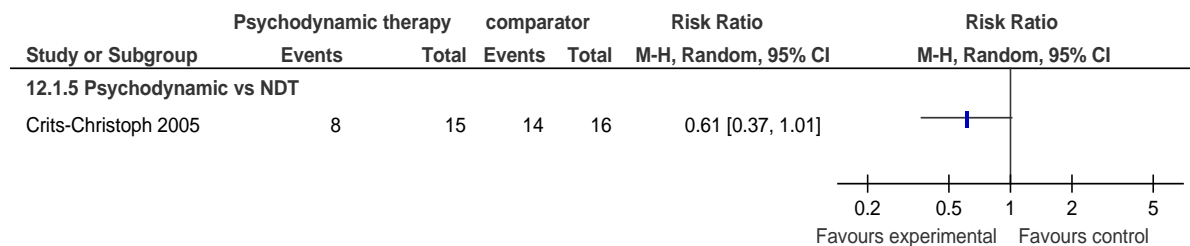
Outcome: Quality of life



3.4 Psychodynamic therapy for GAD

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

Outcome: Non-remission



3.5 Psychodynamic therapy for GAD

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

Outcome: Discontinuation due to any reason

