Appendix 16a: Forest plots for clinical evidence reviews on psychological interventions

Psychological vs. Control (OCD); BT vs. BT (OCD); Psychological vs. Psychological (OCD); Psychological vs. Control (BDD); Psychological vs. Psychological (BDD); Treatment intensity review

Psychological vs. Control (OCD)

Review: OCD: psychological interventions Comparison: 01 Behaviour therapy v Control Outcome: 01 Leaving the study early

Study or sub-category	Behaviour therapy n/N	Control n/N	RR (fixed) 95% Cl	RR (fixed) 95% Cl
02 Clinician-quided BT v S	vstematic relaxation			
Greist 2002	4/59	1/66		4.47 [0.51, 38.92]
Subtotal (95% CI)	4/59	1/66	-	4.47 [0.51, 38.92]
Test for heterogeneity: no	t applicable			
Test for overall effect: Z =	• •			
03 Computer-quided BT v	Systematic relaxation			
Greist 2002	2/57	1/66		2.32 [0.22, 24.88]
Subtotal (95% CI)	2/57	1/66		2.32 [0.22, 24.88]
Test for heterogeneity: no	t applicable			
Test for overall effect: Z =	: 0.69 (P = 0.49)			
		0.0	1 0.1 1 10 1	00
			Favours BT Favours control	

Review: OCD: psychological interventions Comparison: 01 Behaviour therapy v Control 02 Non-responders (CGI)

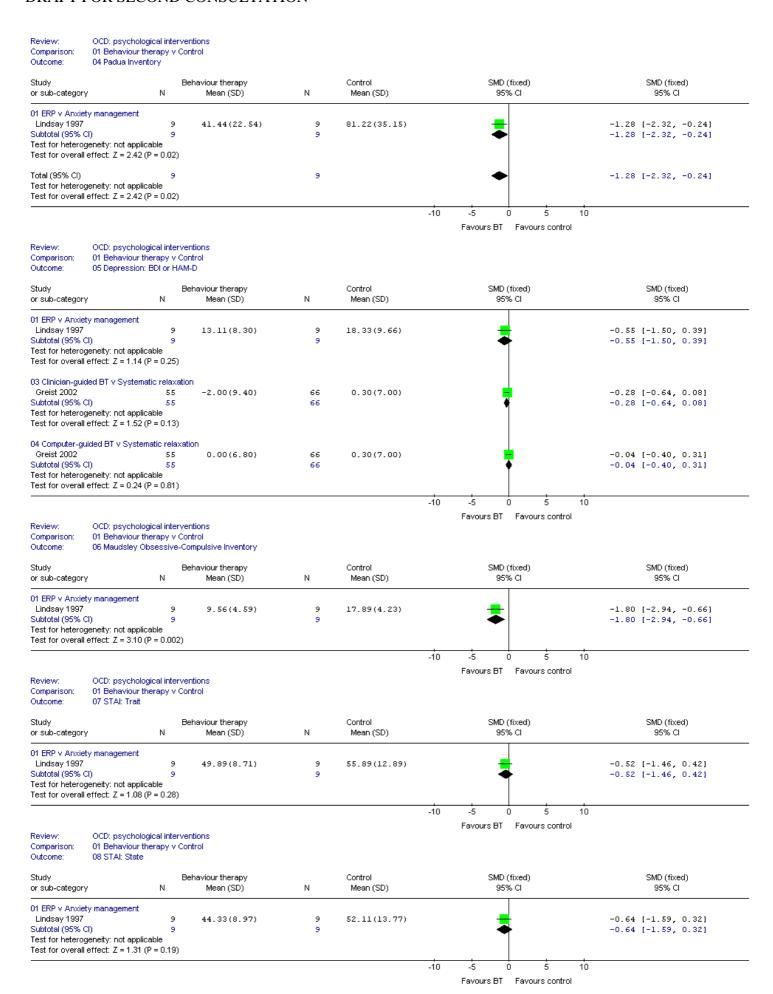
Study or sub-category	Behaviour therapy n/N	Control n/N	RR (fixed) 95% Cl	RR (fixed) 95% Cl		
01 Clinician-guided BT v Sy	estematic relaxation					
Greist 2002	26/59	57/66		0.51 [0.38, 0.69]		
Subtotal (95% CI)	26/59	57/66	•	0.51 [0.38, 0.69]		
Test for heterogeneity: not	applicable		•			
Test for overall effect: Z =	4.35 (P < 0.0001)					
02 Computer-guided BT vs	Systematic relaxation					
Greist 2002	36/57	57/66		0.73 [0.59, 0.91]		
Subtotal (95% CI)	36/57	57/66	-	0.73 [0.59, 0.91]		
Test for heterogeneity: not	applicable		T	•		
	2.78 (P = 0.005)					

Favours BT Favours control

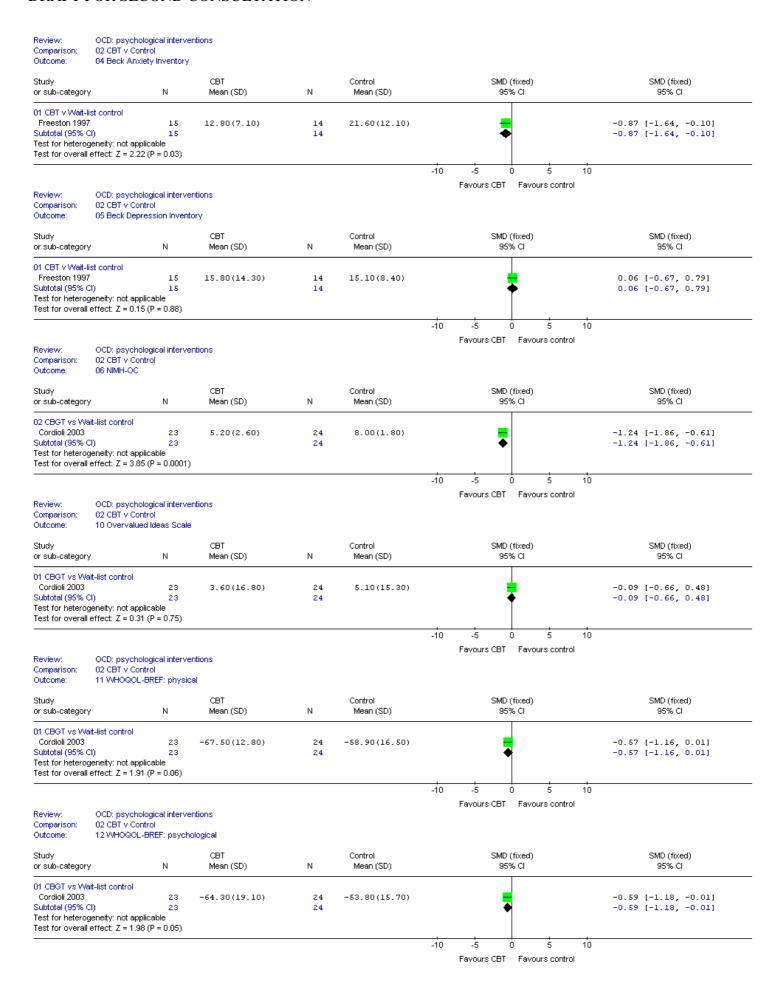
OCD: psychological interventions 01 Behaviour therapy v Control 03 Y-BOCS Comparison:

Outcome:

Study or sub-category	Be N	haviour therapy Mean (SD)	N	Control Mean (SD)		:	SMD (fixed 95% Cl)		SMD (fixed) 95% Cl
01 ERP v Anxiety management										
Lindsay 1997	9	11.00(3.81)	9	25.89(5.80)		-	-			-2.89 [-4.30, -1.48]
Subtotal (95% CI)	9		9			4	-			-2.89 [-4.30, -1.48]
Test for heterogeneity: not applica	able					•				
Test for overall effect: $Z = 4.01$ (P	< 0.0001)									
03 Clinician-guided BT v Systemat	ic relaxatio	n								
Greist 2002	55	-8.00(6.60)	66	-1.70(4.80)						-1.10 [-1.49, -0.72]
Subtotal (95% CI)	55		66				•			-1.10 [-1.49, -0.72]
Test for heterogeneity: not applica	able						*			
Test for overall effect: $Z = 5.61$ (P	< 0.00001)								
04 Computer-guided BT v Systems	atic relaxati	on								
Greist 2002	55	-5.60(6.60)	66	-1.70(4.80)						-0.68 [-1.05, -0.31]
Subtotal (95% CI)	55		66				•			-0.68 [-1.05, -0.31]
Test for heterogeneity: not applica	able						, i			·
Test for overall effect: $Z = 3.63$ (P	= 0.0003)									
					-10	-5	- 6	5	10	
						Favours	sBT Fav	ours cont	rol	



OCD: psychological interventions Review: Comparison: 01 Behaviour therapy v Control Outcome 12 Work and Social Adjustment Scale SMD (fixed) SMD (fixed) Study Behaviour therapy or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 Clinician-guided BT v Systematic relaxation Greist 2002 55 -6.80(8.30) 66 -2.00(7.70) -0.60 [-0.96, -0.23] Subtotal (95% CI) 66 -0.60 [-0.96, -0.23] Test for heterogeneity: not applicable Test for overall effect: Z = 3.20 (P = 0.001) 02 Computer-guided BT v Systematic relaxation Greist 2002 55 -5.00(7.20) 66 -2.00(7.70) -0.40 [-0.76, -0.04] Subtotal (95% CI) 55 66 -0.40 [-0.76, -0.04] Test for heterogeneity: not applicable Test for overall effect: Z = 2.16 (P = 0.03) -1 -0.50 0.5 Favours BT Favours control Review OCD: psychological interventions Comparison 01 Behaviour therapy v Control 13 Interference Outcome SMD (fixed) Behaviour therapy Control SMD (fixed) or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 ERP v Anxiety management Lindsay 1997 3.40(0.88) 6.30(0.87) -3.16 [-4.64, -1.67] Subtotal (95% CI) -3.16 [-4.64, -1.67] Test for heterogeneity: not applicable Test for overall effect: Z = 4.16 (P < 0.0001) -10 Ó 10 Favours BT Favours control OCD: psychological interventions Review: 02 CBT v Control Comparison: Outcome 01 Y-BOCS SMD (fixed) SMD (fixed) Study CBT Control Mean (SD) or sub-category Mean (SD) 01 CBT v Wait-list control (patients with obsessions only) -1.18 [-1.98, -0.38] -1.18 [-1.98, -0.38] Freeston 1997 12.20(9.60) 15 14 22.00(6.00) Subtotal (95% CI) 14 15 Test for heterogeneity: not applicable Test for overall effect: Z = 2.90 (P = 0.004) 03 CBT vs Wait-list control (Group format) Cordioli 2003 15.10(7.80) 24 23.20(5.50) -1.18 [-1.81, -0.56] Subtotal (95% CI) 23 24 -1.18 [-1.81, -0.56] Test for heterogeneity; not applicable Test for overall effect: Z = 3.72 (P = 0.0002) -10 -5 Ó 10 Favours CBT Favours control OCD: psychological interventions Review: Comparison: 02 CBT v Control Outcome: 02 Padua Inventory SMD (fixed) SMD (fixed) Study CBT Control or sub-category Mean (SD) N Mean (SD) 95% CI 95% CI 01 CBT v Wait-list control -0.83 [-1.59, -0.07] -0.83 [-1.59, -0.07] Freeston 1997 15 54.70(32.90) 14 83.90(35.60) Subtotal (95% CI) 15 Test for heterogeneity: not applicable Test for overall effect: Z = 2.13 (P = 0.03) -10 -5 Ó Favours CBT Favours control OCD: psychological interventions Review 02 CBT v Control Comparison: Outcome: 03 Current Functioning Assessment Study CBT Control SMD (fixed) SMD (fixed) N Mean (SD) Ν Mean (SD) or sub-category 95% CI 95% CI 01 CBT v Wait-list control Freeston 1997 1.5 -4.70(2.50) 14 -5.70(1.60) 0.46 [-0.28, 1.20] Subtotal (95% CI) 15 14 0.46 [-0.28, 1.20] Test for heterogeneity: not applicable Test for overall effect: Z = 1.22 (P = 0.22) -10 10 0 Favours CBT Favours control



Review: OCD: psychological interventions Comparison: 02 CBT v Control 13 WHOQOL-BREF: social Outcome SMD (fixed) SMD (fixed) Study CBT or sub-category N Mean (SD) N Mean (SD) 95% CI 95% CI 01 CBGT vs Wait-list control Cordioli 2003 23 -61.60(18.40) 24 -57.60(20.40) -0.20 [-0.78, 0.37] Subtotal (95% CI) 23 -0.20 [-0.78, 0.37] Test for heterogeneity: not applicable Test for overall effect: Z = 0.69 (P = 0.49) -10 ò 10 5 Favours CBT Favours control OCD: psychological interventions Review: 02 CBT v Control Comparison: Outcome 14 WHOQOL-BREF: environmenta SMD (fixed) Study SMD (fixed) CBT Control Mean (SD) N Mean (SD) 95% CI 95% CI or sub-category Ν 01 CBGT vs Wait-list control -1.05 [-1.66, -0.44] -1.05 [-1.66, -0.44] Cordioli 2003 23 -69.60(13.50) 24 -54.70(14.40) Subtotal (95% CI) 24 23 Test for heterogeneity: not applicable Test for overall effect: Z = 3.35 (P = 0.0008) -10 -5 10 0 Favours CBT Favours control OCD: psychological interventions Comparison: 02 CBT v Control 15 Non-responders (35% Y-BOCS) Outcome: Study CBT Control RR (fixed) RR (fixed) or sub-category n/Ν nΝ 95% CI 95% CI 01 CBGT vs Wait-list control Cordioli 2003 0.32 [0.17, 0.59] 7/23 23/24 Subtotal (95% CI) 7/23 23/24 0.32 [0.17, 0.59] Test for heterogeneity: not applicable Test for overall effect: Z = 3.61 (P = 0.0003) 10 0.2 0.5 Favours CBT Favours control OCD: psychological interventions Review: Comparison: 02 CBT v Control Outcome: 16 Leaving the study early CBT Control RR (fixed) RR (fixed) Study or sub-category n/N 95% CI 95% CI nΝ 01 CBT v Wait-list control Freeston 1997 3/15 4/14 0.70 [0.19, 2.59] Subtotal (95% CI) 4/14 0.70 [0.19, 2.59] 3/15 Test for heterogeneity: not applicable Test for overall effect: Z = 0.53 (P = 0.59) 02 CBGT vs Wait-list control Cordioli 2003 1/23 1/24 1.04 [0.07, 15.72] Subtotal (95% CI) 1/23 1/24 1.04 [0.07, 15.72] Test for heterogeneity: not applicable Test for overall effect: Z = 0.03 (P = 0.98) 0.01 0.1 100 10 Favours CBT Favours control Review: OCD: psychological interventions Comparison: 12 Anxiogenic exposure v Neutral thoughts Outcome: 01 Non-responders (multiple outcomes "much improved") RR (fixed) RR (fixed) Study Neutral thoughts Anxiogenic exposure or sub-category nΝ n/Ν 95% CI 95% CI Lovell 1994 0/9 6.25 [0.35, 112.52] 2/7 Total (95% Ch 9 6.25 [0.35, 112.52] Total events: 2 (Anxiogenic exposure), 0 (Neutral thoughts) Test for heterogeneity: not applicable Test for overall effect: Z = 1.24 (P = 0.21) 0.001 0.01 0.1 10 100 1000

Favours Exposure Favours Neutral

Review: OCD: psychological interventions Comparison: 12 Anxiogenic exposure v Neutral thoughts Outcome: 02 Leaving the study early Anxiogenic exposure Neutral thoughts RR (fixed) RR (fixed) Study 95% CI 95% CI or sub-category n/Ν n/Ν Lovell 1994 1/7 3/9 0.43 [0.06, 3.28] Total (95% CI) 9 0.43 [0.06, 3.28] Total events: 1 (Anxiogenic exposure), 3 (Neutral thoughts) Test for heterogeneity: not applicable Test for overall effect: Z = 0.82 (P = 0.41) 0.01 0.1 10 100 Favours Exposure Favours Neutral OCD: psychological interventions Review 12 Anxiogenic exposure v Neutral thoughts Comparison: 03 Compulsions checklist Outcome: Study Anxiogenic exposure Neutral thoughts SMD (fixed) SMD (fixed) Ν Ν Mean (SD) Mean (SD) 95% CI 95% CI or sub-category Lovell 1994 16.60(16.00) 9.50(6.70) 0.53 [-0.63, 1.70] Total (95% CI) 6 0.53 [-0.63, 1.70] Test for heterogeneity; not applicable Test for overall effect: Z = 0.90 (P = 0.37) -100 -50 ń 50 100 Favours treatment Favours control OCD: psychological interventions Comparison: 12 Anxiogenic exposure v Neutral thoughts Outcome 04 Obsessions - time Study Anxiogenic exposure Neutral thoughts SMD (fixed) SMD (fixed) or sub-category М Mean (SD) Ν Mean (SD) 95% CI 95% CI Lovell 1994 6 2.50(2.50) 6 3.70(1.90) -0.50 [-1.66, 0.66] Total (95% CI) -0.50 [-1.66, 0.66] Test for heterogeneity: not applicable Test for overall effect: Z = 0.84 (P = 0.40) -10 -5 Ó 10 Favours treatment Favours control OCD: psychological interventions Review: Comparison: 12 Anxiogenic exposure v Neutral thoughts Outcome 05 Obsessions - discomfort SMD (fixed) SMD (fixed) Study Neutral thoughts Anxiogenic exposure N N 95% CI or sub-category Mean (SD) Mean (SD) Lovell 1994 6 3.80(2.20) 6 3.90(1.70) -0.05 [-1.18, 1.08] Total (95% CI) -0.05 [-1.18, 1.08] Test for heterogeneity: not applicable Test for overall effect: Z = 0.08 (P = 0.94) 10 -10 -5 0 Favours treatment Favours control Review: OCD: psychological interventions 12 Anxiogenic exposure v Neutral thoughts Comparison: Outcome 06 Main target Study Anxiogenic exposure Neutral thoughts SMD (fixed) SMD (fixed) or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Lovell 1994 4.00(1.40) 0.35 [-0.79, 1.50] 6 4.80(2.60) 6 Total (95% CI) 6 0.35 [-0.79, 1.50] Test for heterogeneity: not applicable Test for overall effect: Z = 0.61 (P = 0.54)

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Favours treatment Favours control

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Review: OCD: psychological interventions Comparison: 12 Anxiogenic exposure v Neutral thoughts Outcome 07 Beck Depression Inventory SMD (fixed) SMD (fixed) Study Neutral thoughts Anxiogenic exposure or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Lovell 1994 6 14.80(7.50) 14.00(7.80) 0.10 [-1.04, 1.23] 6 0.10 [-1.04, 1.23] Total (95% CI) Test for heterogeneity: not applicable Test for overall effect; Z = 0.17 (P = 0.87) -10 -5 ò 10 Favours treatment Favours control Review: OCD: psychological interventions Comparison: 12 Anxiogenic exposure v Neutral thoughts Outcome 08 Work adjustment SMD (fixed) SMD (fixed) Neutral thoughts Study Anxiogenic exposure Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI or sub-category Lovell 1994 6 3.50(2.30) 3.20(1.80) 0.13 [-1.00, 1.27] Total (95% CI) 0.13 [-1.00, 1.27] Test for heterogeneity: not applicable Test for overall effect: Z = 0.23 (P = 0.82) -10 -5 10 0 Favours treatment Favours control Review: OCD: psychological interventions Comparison: 12 Anxiogenic exposure v Neutral thoughts Outcome 09 Home adjustment Study Anxiogenic exposure Neutral thoughts SMD (fixed) SMD (fixed) or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Lovell 1994 6 2.20(2.00) ϵ 3.50(2.10) -0.59 [-1.75, 0.58] Total (95% CI) 6 -0.59 [-1.75, 0.58] Test for heterogeneity; not applicable Test for overall effect: Z = 0.98 (P = 0.33) -10 -5 ń 10 Favours treatment Favours control OCD: psychological interventions Review: Comparison: 12 Anxiogenic exposure v Neutral thoughts Outcome 10 Social adjustment Study Neutral thoughts SMD (fixed) SMD (fixed) Anxiogenic exposure or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Lovell 1994 6 3.50(1.40) 6 3.00(2.20) 0.25 [-0.89, 1.39] Total (95% CI) 0.25 [-0.89, 1.39] Test for heterogeneity: not applicable Test for overall effect: Z = 0.43 (P = 0.67) 10 Favours treatment Favours control OCD: psychological interventions Review: 12 Anxiogenic exposure v Neutral thoughts Comparison Outcome 11 Private adjustment SMD (fixed) SMD (fixed) Study Anxiogenic exposure Neutral thoughts Ν Ν 95% CI or sub-category 95% CI Mean (SD) Mean (SD) Lovell 1994 6 2.50(1.50) 6 2.50(0.80) 0.00 [-1.13, 1.13] Total (95% CI) 0.00 [-1.13, 1.13] Test for heterogeneity: not applicable Test for overall effect: Z = 0.00 (P = 1.00)-10 10 -5 0 Favours treatment Favours control Review: OCD: psychological interventions Comparison: 15 Children: Individual CBFT v Wait-list control Outcome 01 CY-BOCS Study Individual CBFT Wait-list control SMD (fixed) SMD (fixed) or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 22 8.36(6.93) 24 24.02(4.14) -2.73 [-3.55, -1.90] Total (95% CI) 24 -2.73 [-3.55, -1.90] Test for heterogeneity: not applicable Test for overall effect: Z = 6.51 (P < 0.00001) -10 -5 Ó 5 10

Favours Ind-CBFT Favours WLC

Review: OCD: psychological interventions Comparison: 15 Children: Individual CBFT v Wait-list control Outcome 02 NIMH-GOCS SMD (fixed) SMD (fixed) Study Individual CBFT Wait-list control or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 3.50(2.30) 9.00(2.00) -2.51 [-3.28. -1.74] 24 24 Total (95% CI) 24 -2.51 [-3.28, -1.74] Test for heterogeneity: not applicable Test for overall effect: Z = 6.38 (P < 0.00001)-10 ò 5 10 Favours Ind-CBFT Favours WLC Review: OCD: psychological interventions 15 Children: Individual CBFT v Wait-list control Comparison: Outcome 03 Multidimensional Anxiety Scale for Children SMD (fixed) Individual CBFT Wait-list control SMD (fixed) Study Ν Mean (SD) Ν 95% CI 95% CI or sub-category Mean (SD) 19 Barrett 2004 50.37(15.31) 15 49.47(15.78) 0.06 [-0.62, 0.73] Total (95% CI) 1.5 0.06 [-0.62, 0.73] Test for heterogeneity: not applicable Test for overall effect: Z = 0.16 (P = 0.87) -10 -5 10 0 Favours Ind-CBFT Favours WLC Review: OCD: psychological interventions 15 Children: Individual CBET v Wait-list control Comparison: Outcome 04 Children's Depression Inventory Study Individual CBFT Wait-list control SMD (fixed) SMD (fixed) Ν or sub-category Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 19 6.26(6.59) 15 8.07(7.26) -0.26 [-0.94, 0.42] Total (95% CI) 19 15 -0.26 [-0.94, 0.42] Test for heterogeneity; not applicable Test for overall effect: Z = 0.74 (P = 0.46) -10 -5 ń 10 Favours Ind-CBFT Favours WLC Review: OCD: psychological interventions Comparison: 15 Children: Individual CBFT v Wait-list control Outcome 05 McMaster Family Assessment Device - Mother's rating Individual CBFT Wait-list control SMD (fixed) SMD (fixed) Study or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 -0.93 [-1.67, -0.19] 18 2.16(0.30) 14 2.45(0.31) Total (95% CI) 18 -0.93 [-1.67, -0.19] Test for heterogeneity: not applicable Test for overall effect: Z = 2.46 (P = 0.01) 10 Favours Ind-CBFT Favours WLC OCD: psychological interventions Review: 15 Children: Individual CBFT v Wait-list control Comparison: 06 McMaster Family Assessment Device - Father's rating Outcome Individual CBFT SMD (fixed) SMD (fixed) Study Wait-list control Ν Ν 95% CI or sub-category 95% CI Mean (SD) Mean (SD) Barrett 2004 9 2.12(0.37) 10 2.33(0.23) -0.66 [-1.59, 0.27] Total (95% CI) 10 -0.66 [-1.59. 0.27] Test for heterogeneity: not applicable Test for overall effect: Z = 1.39 (P = 0.16) -10 10 -5 0 Favours Ind-CBFT Favours WLC Review: OCD: psychological interventions Comparison: 15 Children: Individual CBFT v Wait-list control Outcome 07 Depression Anxiety Stress Scale: Mother depression Individual CBFT Wait-list control SMD (fixed) SMD (fixed) Study or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 7.73(9.41) -0.41 [-1.11, 0.28] 18 4.44(6.12) 15 Total (95% CI) 18 15 -0.41 [-1.11, 0.28] Test for heterogeneity: not applicable

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Favours Ind-CBFT Favours WLC

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Test for overall effect: Z = 1.17 (P = 0.24)

Review: OCD: psychological interventions Comparison: 15 Children: Individual CBFT v Wait-list control Outcome 08 Depression Anxiety Stress Scale: Mother anxiety SMD (fixed) SMD (fixed) Study Individual CBFT Wait-list control or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 18 2.83(4.20) 15 7.73(9.88) -0.65 [-1.36. 0.05] Total (95% CI) 15 -0.65 [-1.36, 0.05] Test for heterogeneity: not applicable Test for overall effect; Z = 1.81 (P = 0.07) -10 -5 ò 10 Favours Ind-CBFT Favours WLC Review: OCD: psychological interventions 15 Children: Individual CBFT v Wait-list control Comparison: Outcome 09 Depression Anxiety Stress Scale: Mother stress SMD (fixed) SMD (fixed) Individual CBFT Wait-list control Study Ν Ν 95% CI 95% CI or sub-category Mean (SD) Mean (SD) Barrett 2004 18 10.06(7.67) 15 13.73(9.00) -0.43 [-1.13, 0.26] Total (95% CI) 1.5 -0.43 [-1.13, 0.26] 18 Test for heterogeneity: not applicable Test for overall effect: Z = 1.22 (P = 0.22) -10 -5 10 0 Favours Ind-CBFT Favours WLC Review: OCD: psychological interventions 15 Children: Individual CBET v Wait-list control Comparison: 10 Depression Anxiety Stress Scale: Father depression Outcome Study Individual CBFT Wait-list control SMD (fixed) SMD (fixed) Ν or sub-category Ν Mean (SD) Mean (SD) 95% CI 95% CI Barrett 2004 11 5.55(6.77) 5.56(7.33) 0.00 [-0.88, 0.88] Total (95% CI) 11 9 0.00 [-0.88, 0.88] Test for heterogeneity; not applicable Test for overall effect: Z = 0.00 (P = 1.00)-10 -5 ń 10 Favours Ind-CBFT Favours WLC Review: OCD: psychological interventions Comparison: 15 Children: Individual CBFT v Wait-list control Outcome 11 Depression Anxiety Stress Scale: Father anxiety Individual CBFT Wait-list control SMD (fixed) SMD (fixed) Study or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 11 4.82(7.44) 9 3.56(4.10) 0.20 [-0.69, 1.08] Total (95% CI) 0.20 [-0.69, 1.08] Test for heterogeneity: not applicable Test for overall effect: Z = 0.43 (P = 0.67) 10 Favours Ind-CBFT Favours WLC OCD: psychological interventions Review: 15 Children: Individual CBFT v Wait-list control Comparison: Outcome 12 Depression Anxiety Stress Scale: Father stress Individual CBFT SMD (fixed) SMD (fixed) Study Wait-list control Ν Ν 95% CI or sub-category Mean (SD) 95% CI Mean (SD) Barrett 2004 11 11.64(9.83) 9 9.78(9.77) 0.18 [-0.70, 1.06] Total (95% CI) 0.18 [-0.70, 1.06] Test for heterogeneity: not applicable Test for overall effect: Z = 0.40 (P = 0.69) -10 10 -5 0 Favours Ind-CBFT Favours WLC Review: OCD: psychological interventions Comparison: 15 Children: Individual CBFT v Wait-list control Outcome 13 Children's Depression Inventory; sibling's rating Individual CBFT Wait-list control SMD (fixed) SMD (fixed) Study or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 1.92(2.11) 9 7.00(4.92) -1.36 [-2.34, -0.39] 12 Total (95% CI) 9 -1.36 [-2.34, -0.39] Test for heterogeneity: not applicable Test for overall effect: Z = 2.73 (P = 0.006)

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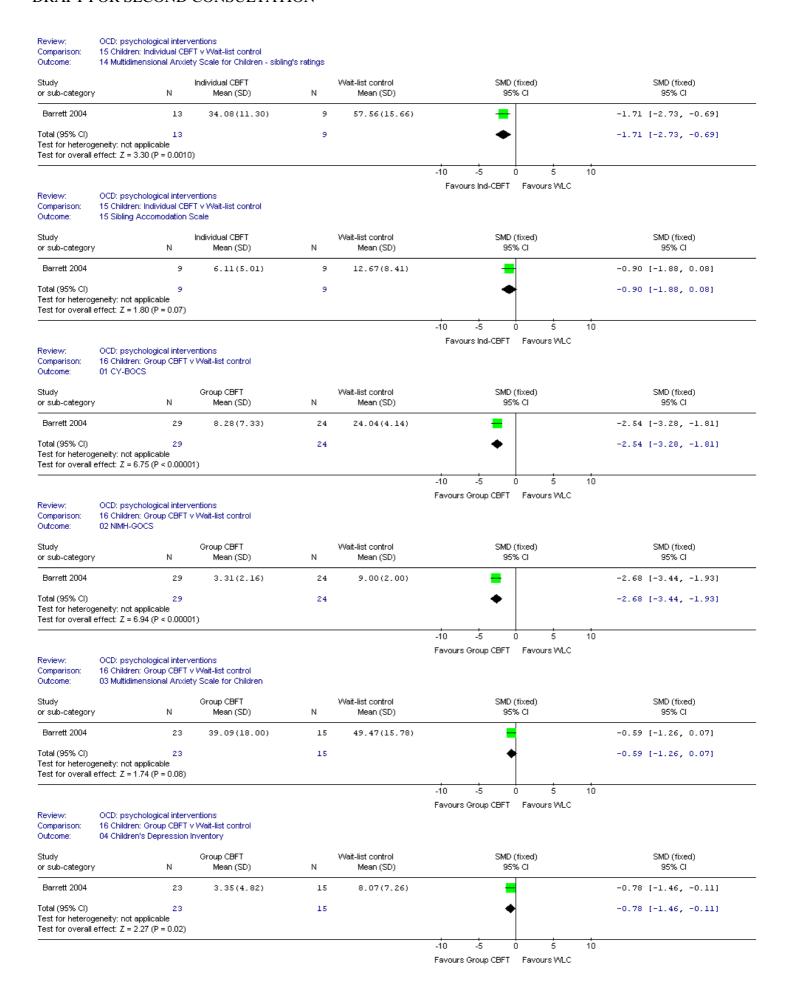
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Favours Ind-CBFT Favours WLC

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Review: OCD: psychological interventions Comparison: 16 Children: Group CBFT v Wait-list control Outcome 05 McMaster Family Assessment Device - Mother's rating SMD (fixed) SMD (fixed) Study Group CBFT Wait-list control or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 26 2.16(0.39) 2.45(0.31) -0.78 [-1.45. -0.11] 14 -0.78 [-1.45, -0.11] Total (95% CI) Test for heterogeneity: not applicable Test for overall effect: Z = 2.27 (P = 0.02) -10 -5 ò 5 10 Favours Group CBFT Favours WLC Review: OCD: psychological interventions 16 Children: Group CBFT v Wait-list control Comparison: Outcome 06 McMaster Family Assessment Device - Father's rating SMD (fixed) Group CBFT Wait-list control SMD (fixed) Study Ν Mean (SD) N 95% CI 95% CI or sub-category Mean (SD) Barrett 2004 13 2.13(0.45) 10 2.33(0.23) -0.52 [-1.36, 0.32] Total (95% CI) 10 -0.52 [-1.36, 0.32] Test for heterogeneity: not applicable Test for overall effect: Z = 1.21 (P = 0.23) -10 -5 10 0 Favours Group CBFT Favours WLC Review: OCD: psychological interventions Comparison: 16 Children: Group CBFT v Wait-list control 07 Depression Anxiety Stress Scale: Mother depression Outcome Study Group CBFT Wait-list control SMD (fixed) SMD (fixed) Ν or sub-category Ν Mean (SD) Mean (SD) 95% CI 95% CI Barrett 2004 5.33(7.23) 15 7.73(9.41) -0.29 [-0.93, 0.34] Total (95% CI) 27 15 -0.29 [-0.93, 0.34] Test for heterogeneity; not applicable Test for overall effect: Z = 0.90 (P = 0.37) -10 ń 10 Favours Group CBFT Favours WLC Review: OCD: psychological interventions Comparison: 16 Children: Group CBFT v Wait-list control Outcome 08 Depression Anxiety Stress Scale: Mother anxiety Group CBFT Wait-list control SMD (fixed) SMD (fixed) Study or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 27 4.30(7.10) 15 7.73(9.88) -0.41 [-1.05, 0.23] Total (95% CI) -0.41 [-1.05, 0.23] Test for heterogeneity: not applicable Test for overall effect: Z = 1.26 (P = 0.21) 10 Ó Favours Group CBFT Favours WLC OCD: psychological interventions Review: 16 Children: Group CBFT v Wait-list control Comparison: 09 Depression Anxiety Stress Scale: Mother stress Outcome Group CBFT SMD (fixed) SMD (fixed) Study Wait-list control Ν Ν 95% CI or sub-category Mean (SD) 95% CI Mean (SD) Barrett 2004 27 8.85(9.00) 25 13.73(9.00) -0.53 [-1.09, 0.02] Total (95% CI) 25 -0.53 [-1.09. 0.02] Test for heterogeneity: not applicable Test for overall effect: Z = 1.89 (P = 0.06) -10 10 -5 0 Favours Group CBFT Favours WLC Review: OCD: psychological interventions Comparison: 16 Children: Group CBFT v Wait-list control Outcome 10 Depression Anxiety Stress Scale: Father depression Group CBFT Wait-list control SMD (fixed) SMD (fixed) Study or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 3.14(4.94) 9 5.56(7.33) -0.39 [-1.24, 0.46] 14 Total (95% CI) 9 -0.39 [-1.24, 0.46] Test for heterogeneity: not applicable Test for overall effect: Z = 0.91 (P = 0.37)

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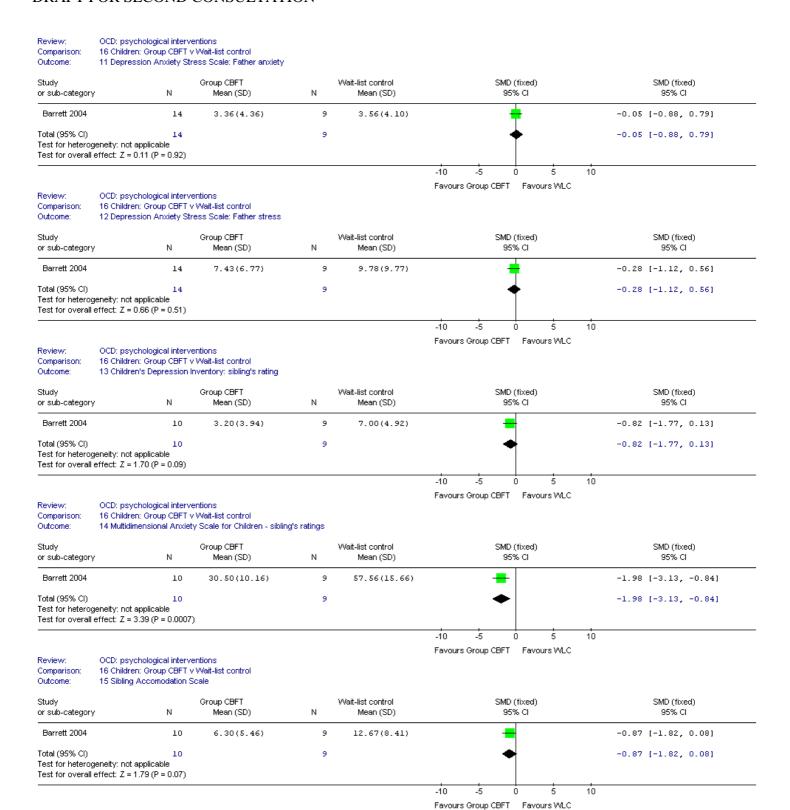
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Favours Group CBFT Favours WLC

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BT vs. BT (OCD) Review: OCD: psychological interventions Comparison: 13 Self-exposure v Partner-assisted exposure 01 Anxiety/discomfort - Main compulsion (assessor rated) Outcome WMD (random) WMD (random) -controlled exp Partner-assisted exp or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Emmelkamp 1983 6 5.00(1.99) 4.20(1.95) 0.80 [-1.43, 3.03] 6 Total (95% CI) 0.80 [-1.43, 3.03] Test for heterogeneity: not applicable Test for overall effect: Z = 0.70 (P = 0.48)-10 -5 Ó 10 Favours Self-exp Favours Couple-exp Review: OCD: psychological interventions Comparison: 13 Self-exposure v Partner-assisted exposure Outcome 02 Anxiety/discomfort - Other compulsions (assessor rated) WMD (random) Partner-assisted exp WMD (random) Study Self-controlled exp or sub-category 95% CI 95% CI Mean (SD) Mean (SD) Emmelkamp 1983 6 3.30(1.25) 6 2.30(1.76) 1.00 [-0.73, 2.73] Total (95% CI) 1.00 [-0.73, 2.73] Test for heterogeneity: not applicable Test for overall effect: Z = 1.13 (P = 0.26) -10 Favours Self-exp Favours Couple-exp Review: OCD: psychological interventions 13 Self-exposure v Partner-assisted exposure Comparison: 03 Maudsley Obsessive-compulsive inventory Outcome Partner-assisted exp WMD (random) WMD (random) Study Self-controlled exp Ν Ν or sub-category Mean (SD) Mean (SD) 95% CI 95% CL Emmelkamp 1983 8.00(3.16) 0.00 [-4.10, 4.10] 6 8.00(4.03) Total (95% CI) é 0.00 [-4.10, 4.10] Test for heterogeneity: not applicable Test for overall effect: Z = 0.00 (P = 1.00) -10 -5 Ò 5 10 Favours Couple-exp Favours Self-exp Review: OCD: psychological interventions Comparison: 13 Self-exposure v Partner-assisted exposure Outcome 04 Social and Marital Adjustment: Marital Partner-assisted exp WMD (random) WMD (random) or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Emmelkamp 1983 6 9.70(5.78) 14.70(8.21) -5.00 [-13.03, 3.03] 6 Total (95% CI) -5.00 [-13.03, 3.03] Test for heterogeneity: not applicable Test for overall effect: Z = 1.22 (P = 0.22) -100 -50 100 Ó 50 Favours Self-exp Favours Couple-exp Review: OCD: psychological interventions Comparison: 13 Self-exposure v Partner-assisted exposure Outcome 05 Social and Marital Adjustment: Sexual WMD (random) VVMD (random) Study Self-controlled exp Partner-assisted exp Mean (SD) 95% CI 95% CI or sub-category Mean (SD) Emmelkamp 1983 6 10.30(1.93) 8.70(1.61) 1.60 [-0.41, 3.61] 1.60 [-0.41, 3.61] Total (95% CI) Test for heterogeneity: not applicable Test for overall effect: Z = 1.56 (P = 0.12) -10 10 Favours Self-exp Favours Couple-exp Review: OCD: psychological interventions Comparison: 13 Self-exposure v Partner-assisted exposure 06 Social and Marital Adjustment: Social Outcome Self-controlled exp Partner-assisted exp WMD (random) WMD (random)

Mean (SD)

12.70(2.52)

M

é

Mean (SD)

10.30(5.91)

-10

-5

Favours Self-exp

95% CI

Ó

10

Favours Couple-exp

95% CL

2.40 [-2.74, 7.54]

2.40 [-2.74, 7.54]

M

6

or sub-category

Total (95% CI)

Emmelkamp 1983

Test for heterogeneity: not applicable Test for overall effect: Z = 0.92 (P = 0.36)

OCD: psychological interventions Review: Comparison: 13 Self-exposure v Partner-assisted exposure Outcome 07 Anxious mood (assessor-rated) VVMD (random) WMD (random) Study Self-controlled exp Partner-assisted exp or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Emmelkamp 1983 6 2.30(1.93) 6 3.30(0.87) -1.00 [-2.69, 0.69] Total (95% CI) -1.00 [-2.69, 0.69] Test for heterogeneity: not applicable Test for overall effect: Z = 1.16 (P = 0.25) -10 ò 10 Favours Self-exp Favours Couple-exp Review: OCD: psychological interventions 13 Self-exposure v Partner-assisted exposure Comparison: Outcome 08 Self-rating Depression scale WMD (random) WMD (random) Study Self-controlled exp Partner-assisted exp Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI or sub-category Emmelkamp 1983 6 49.00(9.69) 43.30(7.50) 5.70 [-4.10, 15.50] Total (95% CI) 5.70 [-4.10, 15.50] Test for heterogeneity: not applicable Test for overall effect: Z = 1.14 (P = 0.25) -100 -50 50 100 0 Favours Self-exp Favours Couple-exp OCD: psychological interventions 14 Imaginal + live ERP v Live ERP Comparison: 01 Leaving the study early Outcome: Study Imagined + live ERP Live ERP RR (fixed) RR (fixed) or sub-category n/Ν nΝ 95% CI 95% CI De Araujo1995 5/28 5/28 1.00 [0.33, 3.08] Total (95% CI) 5/28 5/28 1.00 [0.33, 3.08] Test for heterogeneity: not applicable Test for overall effect: Z = 0.00 (P = 1.00)0.2 0.5 5 10 Favours Img/Live ERP Favours Live ERP Review: OCD: psychological interventions 14 Imaginal + live ERP v Live ERP Comparison: Outcome: 02 Relapse (multiple outcomes) Imagined + live ERP Live ERP RR (fixed) RR (fixed) Study or sub-category n/N 95% CI 95% CI n/N 01 At 20 weeks follow-up De Araujo1995 8/28 5/28 1.60 [0.60, 4.29] Subtotal (95% CI) 8/28 5/28 1.60 [0.60, 4.29] Test for heterogeneity: not applicable Test for overall effect: Z = 0.93 (P = 0.35) 02 At 32 weeks follow-up De Araujo1995 2/28 4/28 0.50 [0.10, 2.51] Subtotal (95% CI) 2/28 4/28 0.50 [0.10, 2.51]

0.2

Favours Img/Live ERP

0.5

5 10

Favours Live ERP

Test for heterogeneity: not applicable Test for overall effect: Z = 0.84 (P = 0.40)

Review: OCD: psychological interventions 14 Imaginal + live ERP v Live ERP 03 Y-BOCS obsessions Comparison: Outcome:

Study or sub-category	lma N	agined + live ERP Mean (SD)	N	Live ERP Mean (SD)	VVMD (random) 95% Cl	VVMD (random) 95% Cl
01 At 9 weeks (post treatmen	nt)					
De Araujo1995	23	7.50(3.20)	23	7.90(3.90)		-0.40 [-2.46, 1.66]
Subtotal (95% CI)	23		23		•	-0.40 [-2.46, 1.66]
est for heterogeneity: not ap	oplicable				7	
est for overall effect: $Z = 0$.						
02 At 20 weeks (post treatmo	ent)					
De Araujo1995	23	8.00(4.00)	23	8.80(5.40)		-0.80 [-3.55, 1.95]
Subtotal (95% CI)	23		23			-0.80 [-3.55, 1.95]
est for heterogeneity: not ap	oplicable				_	·
est for overall effect: $Z = 0$.	57 (P = 0.57)					
03 At 32 weeks (post treatm	ent)					
De Araujo1995	20	7.00(2.90)	21	8.00(5.90)		-1.00 [-3.83, 1.83]
Subtotal (95% CI)	20		21			-1.00 [-3.83, 1.83]
est for heterogeneity; not ap	oplicable				_	
est for overall effect: Z = 0.	69 (P = 0.49)					

Favours Img/live ERP Favours Live ERP

Favours Img/live ERP Favours Live ERP

Review: OCD: psychological interventions
Comparison: 14 Imaginal + live ERP v Live ERP
Outcome: 04 Y-BOCS rituals Review:

Study or sub-category	lma N	agined + live ERP Mean (SD)	N	Live ERP Mean (SD)	WMD (random) 95% Cl	WMD (random) 95% Cl
01 At 9 weeks (post treatment	nt)					
De Araujo1995	23	6.80(3.60)	23	7.60(4.90)	 _	-0.80 [-3.28, 1.68]
Subtotal (95% CI)	23		23			-0.80 [-3.28, 1.68]
est for heterogeneity: not ap	oplicable					
Test for overall effect: $Z = 0$.	63 (P = 0.53)					
02 At 20 weeks (post treatmo	ent)					
De Araujo1995	20	7.60(4.40)	21	9.00(6.40)		-1.40 [-4.75, 1.95]
Subtotal (95% CI)	20		21		-	-1.40 [-4.75, 1.95]
est for heterogeneity; not ap	oplicable				-	
est for overall effect: $Z = 0$.	82 (P = 0.41)					
03 At 32 weeks (post treatmo	ent)					
De Araujo1995	20	7.00(3.00)	21	8.60(5.90)		-1.60 [-4.45, 1.25]
Subtotal (95% CI)	20		21		-	-1.60 [-4.45, 1.25]
est for heterogeneity: not ap	oplicable					
est for overall effect: Z = 1.	10 (P = 0.27)					

OCD: psychological interventions 14 Imaginal + live ERP v Live ERP 05 Compulsions checklist Comparison: Outcome:

Study or sub-category	N	lmagined + live ERP Mean (SD)	N	Live ERP Mean (SD)		VVMD (random) 95% Cl	VVMD (random) 95% CI
01 At 9 weeks (post treatment)							
De Araujo1995	23	2.00(1.60)	23	2.20(1.70)		<u> </u>	-0.20 [-1.15, 0.75]
Subtotal (95% CI)	23		23			•	-0.20 [-1.15, 0.75]
Test for heterogeneity: not applicable	Э					Ţ	
Test for overall effect: $Z = 0.41$ (P =	0.68)	l					
02 At 20 weeks (post treatment)							
De Araujo1995	20	2.00(1.70)	21	2.20(2.00)		-	-0.20 [-1.33, 0.93]
Subtotal (95% CI)	20		21			•	-0.20 [-1.33, 0.93]
Test for heterogeneity: not applicable	9					Ţ	
Test for overall effect: $Z = 0.35$ (P =	0.73)	l					
03 At 32 weeks (post treatment)							
De Araujo1995	20	1.90(1.60)	21	2.40(1.20)		<u>=</u>	-0.50 [-1.37, 0.37]
Subtotal (95% CI)	20		21			→	-0.50 [-1.37, 0.37]
Test for heterogeneity: not applicable	9					1	•
Test for overall effect: $Z = 1.13$ (P =		I					
					-10 -5	0 5	10
					Favours Img/liv	e ERP Favours Live 6	ERP

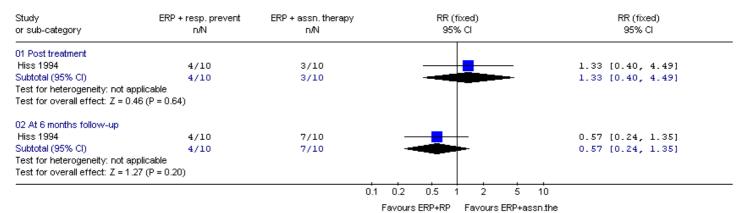
Review: OCD: psychological interventions
Comparison: 14 Imaginal + live ERP v Live ERP
Outcome: 06 Beck Depression Inventory

Study or sub-category	lm N	nagined + live ERP Mean (SD)	N	Live ERP Mean (SD)	VVMD (random) 95% Cl	VMD (random) 95% Cl
01 At 9 weeks (post treatment)						
De Araujo1995	23	15.00(13.10)	23	19.00(13.20)	=	-4.00 [-11.60, 3.60]
Subtotal (95% CI)	23		23			-4.00 [-11.60, 3.60]
Test for heterogeneity: not applica	able				1	
Test for overall effect: $Z = 1.03$ (F	P = 0.30)					
02 At 20 weeks (post treatment)						
De Araujo1995	20	14.00(15.20)	21	22.00(19.10)		-8.00 [-18.54, 2.54]
Subtotal (95% CI)	20		21		•	-8.00 [-18.54, 2.54]
Test for heterogeneity: not applica	able				- 1	
Test for overall effect: $Z = 1.49$ (F	P = 0.14)					
03 At 32 weeks (post treatment)						
De Araujo1995	20	12.00(14.00)	21	17.00(17.60)	=	-5.00 [-14.71, 4.71]
Subtotal (95% CI)	20		21		-	-5.00 [-14.71, 4.71]
Test for heterogeneity: not applica	able				٦	
Test for overall effect: $Z = 1.01$ (F	P = 0.31)					
					-100 -50 0 50	100
					Favours Img/live ERP Favours Live	ERP

Review: OCD: psychological interventions

Comparison: 15 ERP + response prevention v ERP + associative therapy

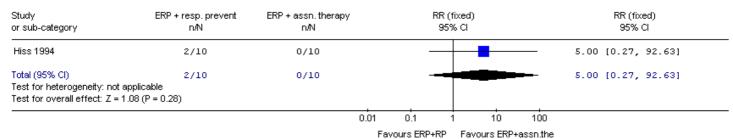
Outcome: 01 Non-responders (Y-BOCS 50%)



Review: OCD: psychological interventions

Comparison: 15 ERP + response prevention v ERP + associative therapy

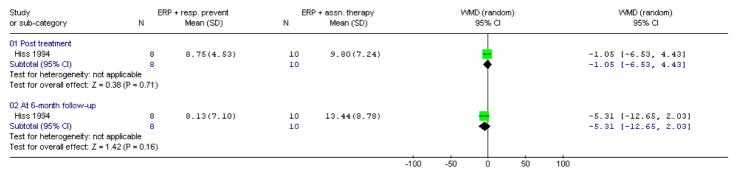
Outcome: 02 Leaving the study early



Review: OCD: psychological interventions

15 ERP + response prevention v ERP + associative therapy 03 Y-BOCS Comparison:

Outcome:



Favours ERP+RP Favours ERP+assn.the

Review: OCD: psychological interventions

15 ERP + response prevention v ERP + associative therapy Comparison: 04 Obessive-compulsive symptoms (assessor-rated) Outcome:

Study	ER	P + resp. prevent	ERI	P + assn. therapy	WMD (random)	WMD (random)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
01 Post treatment						
Hiss 1994	8	2.75(2.25)	10	5.00(4.57)	e e e e e e e e e e e e e e e e e e e	-2.25 [-5.48, 0.98]
Subtotal (95% CI)	8		10		₹	-2.25 [-5.48, 0.98]
est for heterogeneity; not a	applicable]	
est for overall effect: Z = 1	.36 (P = 0.17)					
2 At 6-month follow-up						
Hiss 1994	8	4.50(4.66)	10	11.80(7.55)	<u>=</u>	-7.30 [-12.99, -1.61]
ubtotal (95% CI)	8		10		•	-7.30 [-12.99, -1.61]
est for heterogeneity; not a	applicable					
est for overall effect: $Z = 2$.52 (P = 0.01)					

Favours ERP+RP Favours ERP+assn.the

Review: OCD: psychological interventions

15 ERP + response prevention v ERP + associative therapy Comparison:

05 Hamilton Depression Scale Outcome:

itudy r sub-category	ERI N	o+resp.prevent Mean (SD)	ERP N	+ assn. therapy Mean (SD)	VVMD (random) 95% Cl	WMD (random) 95% Cl
, cab-category	13	mean (SE)	14	mean (ob)	55 % 61	30.00 Ci
11 Post treatment						
Hiss 1994	8	7.71(4.92)	10	5.70(3.74)		2.01 [-2.11, 6.13]
Subtotal (95% CI)	8		10			2.01 [-2.11, 6.13]
est for heterogeneity; not ap	oplicable					
est for overall effect: $Z = 0$.	96 (P = 0.34)					
2 At 6-month follow-up						
Hiss 1994	8	3.75(2.38)	10	7.89(7.64)		-4.14 [-9.15, 0.87]
ubtotal (95% CI)	8		10			-4.14 [-9.15, 0.87]
est for heterogeneity: not ap	oplicable				- -	
	62 (P = 0.11)					

Favours ERP+RP Favours ERP+assn.the

Review: OCD: psychological interventions

Comparison: 15 ERP + response prevention v ERP + associative therapy 06 Beck Depression Inventory

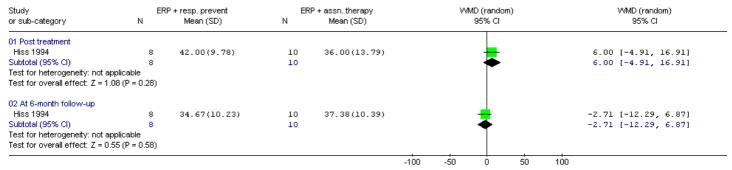
Outcome:

Study or sub-category	ER N	P + resp. prevent Mean (SD)	ERF N) + assn. therapy Mean (SD)		WMD (random) 95% Cl)	WMD (random) 95% Cl
		, ,						
01 Post treatment								
Hiss 1994	8	6.13(5.84)	10	5.56(8.63)		<u> </u>		0.57 [-6.14, 7.28]
Subtotal (95% CI)	8		10			•		0.57 [-6.14, 7.28]
Test for heterogeneity: not applicab	ole					ſ		
Test for overall effect: Z = 0.17 (P :	= 0.87)							
12 At 6-month follow-up								
Hiss 1994	8	6.33(8.26)	10	10.00(16.10)		-		-3.67 [-15.17, 7.83]
Subtotal (95% CI)	8		10			-		-3.67 [-15.17, 7.83]
est for heterogeneity; not applicab	ole					٦		
est for overall effect: Z = 0.63 (P :	= 0.53)							
					-100	-50 0	50 100	

OCD: psychological interventions Review:

Comparison: 15 ERP + response prevention v ERP + associative therapy

07 State-Trait Anxiety Inventory - State Outcome:



Favours ERP+RP Favours ERP+assn.the

Review: OCD: psychological interventions

Comparison: 16 Anxiogenic exposure v Neutral thoughts

Outcome: 01 Non-responders (multiple outcomes "much improved")

Study or sub-category	Anxiogenic exposure n/N	Neutral thoughts n/N	RR (fixed) 95% Cl	RR (fixed) 95% CI
Lovell 1994	2/7	0/9	-	6.25 [0.35, 112.52]
Total (95% CI) Test for heterogeneity: not a Test for overall effect: Z = 1		0/9		6.25 [0.35, 112.52]
		0.001	0.01 0.1 1 10 100 1	000

Favours Exposure Favours Neutral

Review OCD: psychological interventions

Comparison: 16 Anxiogenic exposure v Neutral thoughts

Outcome: 02 Leaving the study early

Study or sub-category	Anxiogenic exposure n/N	Neutral thoughts n/N	RR (fi) 95%			RR (fixed) 95% Cl
Lovell 1994	1/7	3/9	-		С	.43 [0.06, 3.28]
Total (95% CI) Test for heterogeneity: not Test for overall effect: Z =		3/9		!		.43 [0.06, 3.28]
		0.	01 0.1 1	10	100	

Favours Exposure Favours Neutral

Favours treatment Favours control

Review: OCD: psychological interventions Comparison:

16 Anxiogenic exposure v Neutral thoughts 03 Compulsions checklist

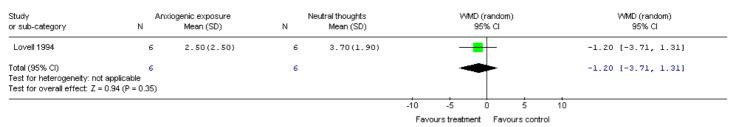
Outcome

Study or sub-category	An: N	xiogenic exposure Mean (SD)	N N	eutral thoughts Mean (SD)		W	MD (randor 95% Cl	n)		WMD (random) 95% Cl
Lovell 1994	6	16.60(16.00)	6	9.50(6.70)			-			7.10 [-6.78, 20.98]
Total (95% Cl) Test for heterogeneity: not Test for overall effect: Z =			6		,		•			7.10 [-6.78, 20.98]
					-100	-50	ó	50	100	

OCD: psychological interventions Review:

Comparison 16 Anxiogenic exposure v Neutral thoughts

Outcome: 04 Obsessions - time



OCD: psychological interventions Review: Comparison: 16 Anxiogenic exposure v Neutral thoughts Outcome 05 Obsessions - discomfort VVMD (random) WMD (random) Study Neutral thoughts Anxiogenic exposure or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Lovell 1994 6 3.80(2.20) 6 3.90(1.70) -0.10 [-2.32. 2.12] Total (95% CI) -0.10 [-2.32, 2.12] Test for heterogeneity: not applicable Test for overall effect: Z = 0.09 (P = 0.93) -10 -5 ò 10 Favours treatment Favours control Review: OCD: psychological interventions Comparison: 16 Anxiogenic exposure v Neutral thoughts Outcome 06 Main target WMD (random) WMD (random) Study Neutral thoughts Anxiogenic exposure Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI or sub-category Lovell 1994 6 4.80(2.60) 4.00(1.40) 0.80 [-1.56, 3.16] Total (95% CI) 0.80 [-1.56, 3.16] Test for heterogeneity: not applicable Test for overall effect: Z = 0.66 (P = 0.51) -10 -5 10 0 Favours treatment Favours control Review: OCD: psychological interventions 16 Anxiogenic exposure v Neutral thoughts 07 Beck Depression Inventory Comparison: Outcome Study Anxiogenic exposure Neutral thoughts WMD (random) WMD (random) Ν Ν or sub-category Mean (SD) Mean (SD) 95% CI 95% CI Lovell 1994 6 14.80(7.50) ϵ 14.00(7.80) 0.80 [-7.86, 9.46] Total (95% CI) 6 0.80 [-7.86, 9.46] Test for heterogeneity; not applicable Test for overall effect: Z = 0.18 (P = 0.86) -10 -5 ń 5 10 Favours treatment Favours control OCD: psychological interventions Review: Comparison: 16 Anxiogenic exposure v Neutral thoughts Outcome 08 Work adjustment Study Neutral thoughts WMD (random) WMD (random) Anxiogenic exposure or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Lovell 1994 6 3.50(2.30) 6 3.20(1.80) 0.30 [-2.04, 2.64] Total (95% CI) 0.30 [-2.04, 2.64] Test for heterogeneity: not applicable Test for overall effect: Z = 0.25 (P = 0.80) 10 Favours treatment Favours control OCD: psychological interventions Review: 16 Anxiogenic exposure v Neutral thoughts Comparison: Outcome 09 Home adjustment WMD (random) Study Anxiogenic exposure Neutral thoughts WMD (random) Ν Ν or sub-category 95% CI 95% CI Mean (SD) Mean (SD) Lovell 1994 6 2.20(2.00) 6 3.50(2.10) -1.30 [-3.62, 1.02]

-10

-5

Ó Favours treatment Favours control -1.30 [-3.62, 1.02]

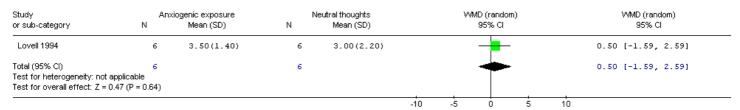
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Total (95% CI)

Test for heterogeneity: not applicable Test for overall effect: Z = 1.10 (P = 0.27)

Review: OCD: psychological interventions
Comparison: 16 Anxiogenic exposure v Neutral thoughts

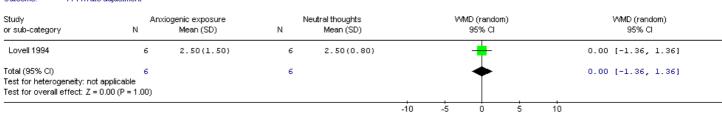
Outcome: 10 Social adjustment



Review: OCD: psychological interventions

Comparison: 16 Anxiogenic exposure v Neutral thoughts

Outcome: 11 Private adjustment



Psychological vs. Psychological (OCD)

Review: OCD: psychological interventions

Comparison: 03 Behaviour therapy: Computer-guided v Clinician-guided

Outcome: 01 Non-responders (CGI)

Study or sub-category	Treatment n/N	Control n/N	RR (fixed) 95% Cl	RR (fixed) 95% Cl
Greist 2002	36/57	26/59	-	1.43 [1.01, 2.03]
Total (95% CI) Total events: 36 (Treatment) Test for heterogeneity: not a Test for overall effect: Z = 2	applicable	59		1.43 [1.01, 2.03]
		n n	2 0.5 1 2	5

Favours treatment Favours control

Favours treatment

Favours treatment Favours control

Favours control

Review: OCD: psychological interventions

Comparison: 03 Behaviour therapy: Computer-guided v Clinician-guided

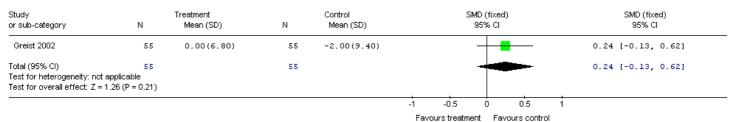
Outcome: 02 Y-BOCS

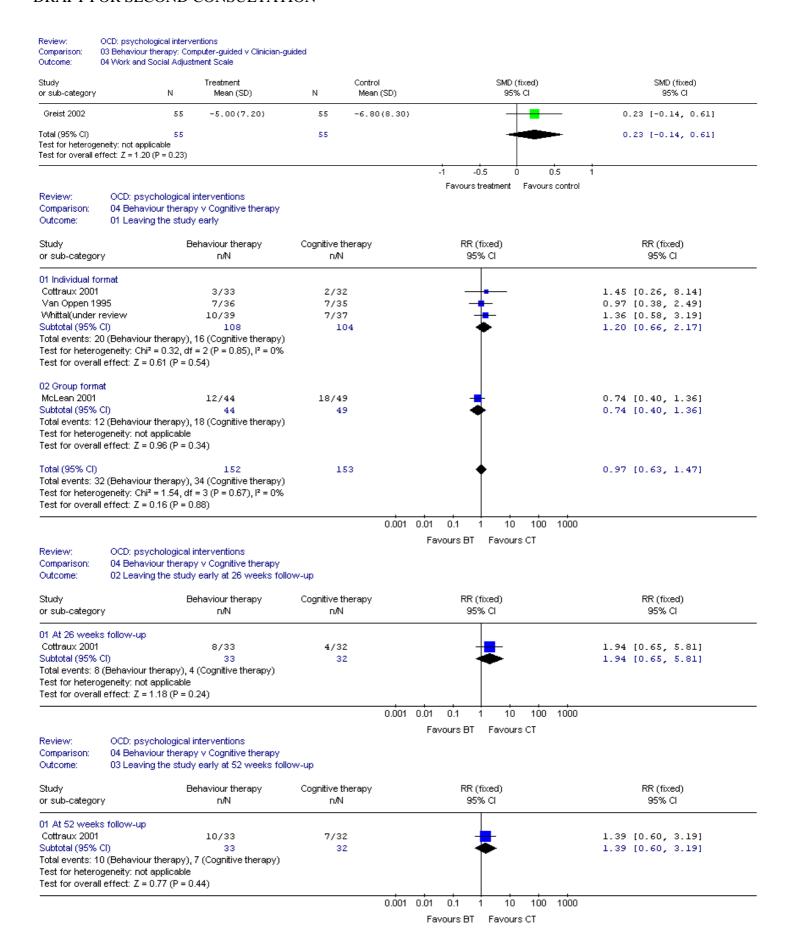
Study or sub-category	N	Treatment Mean (SD)	N	Control Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% CI
Greist 2002	55	-5.60(6.60)	55	-8.00(6.60)		0.36 [-0.02, 0.74]
Total (95% CI) Test for heterogeneity: no Test for overall effect: Z =			55			0.36 [-0.02, 0.74]
					-1 -0.5 0 0.5 1 Favours treatment Favours control	

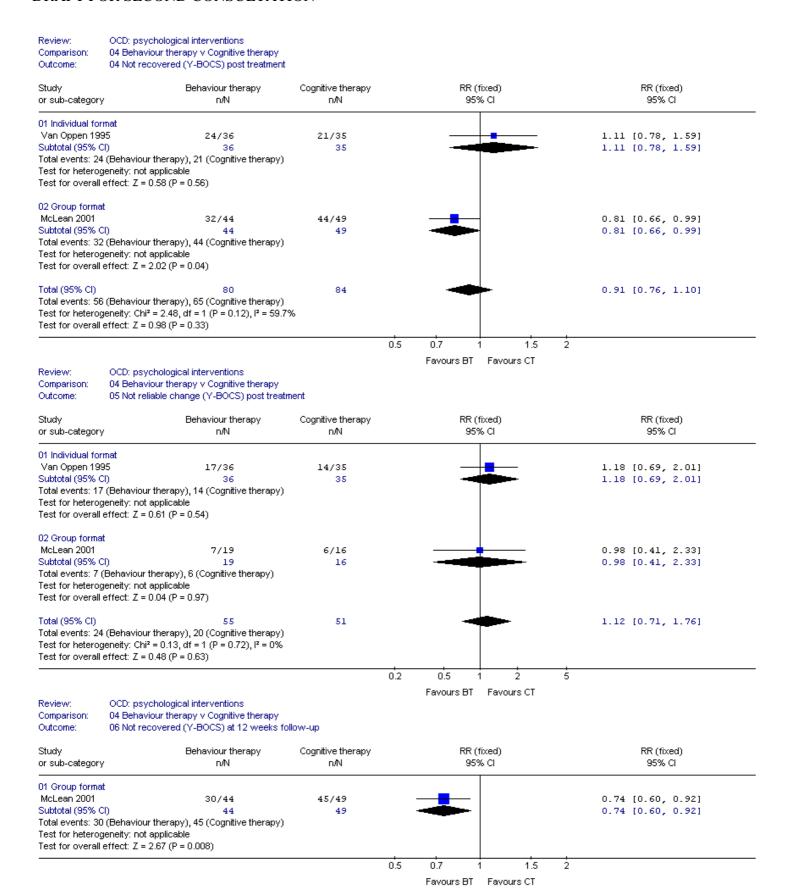
Review: OCD: psychological interventions

Comparison: 03 Behaviour therapy: Computer-guided v Clinician-guided

Outcome: 03 Hamilton Depression Rating Scale







OCD: psychological interventions 04 Behaviour therapy v Cognitive therapy 07 Non-responder (Y-BOCS 25%) Review: Comparison: Outcome:

Study or sub-category	Behaviour therapy n/N	Cognitive therapy n/N	RR (fixed) 95% Cl	RR (fixed) 95% Cl
O1 Individual format post-tr	reatment			
Cottraux 2001	12/33	9/32		1.29 [0.63, 2.64]
Subtotal (95% CI)	33	32		1.29 [0.63, 2.64]
Total events: 12 (Behaviou	ır therapy), 9 (Cognitive therapy)			•
Test for heterogeneity: not				
Test for overall effect: Z =				
02 Individual format at 26 v	veeks follow-up			
Cottraux 2001	13/33	10/32		1.26 [0.65, 2.45]
Subtotal (95% CI)	33	32		1.26 [0.65, 2.45]
Total events: 13 (Behaviou	ır therapy), 10 (Cognitive therapy	'n	T	•
Test for heterogeneity: not		•		
Test for overall effect: Z =				
03 Individual format at 52	weeks follow-up			
Cottraux 2001	13/33	13/32		0.97 [0.53, 1.76]
Subtotal (95% CI)	33	32		0.97 [0.53, 1.76]
Total events: 13 (Behaviou	ır therapy), 13 (Cognitive therapy	'n	T	•
Test for heterogeneity: not				
Test for overall effect: Z =				
		0.2	0.5 1 2	5
			Favours BT Favours CT	
			Taroalo Di Taroalo Ci	

OCD: psychological interventions Comparison: Outcome: 04 Behaviour therapy v Cognitive therapy 08 Y-BOCS post treatment

Study	E	Behaviour therapy	(Cognitive therapy	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
11 Individual format						
Cottraux 2001	30	-12.10(7.80)	30	-12.50(8.20)		0.05 [-0.46, 0.56]
Van Oppen 1995	29	17.30(8.30)	28	13.30(8.50)	 •	0.47 [-0.06, 1.00]
Whittal(under review	37	13.57(9.27)	34	11.94(8.21)	-	0.18 [-0.28, 0.65]
Subtotal (95% CI)	96		92		•	0.23 [-0.06, 0.51]
est for heterogeneity: Chi2 :	= 1.32, df = 2 (F	P = 0.52), I ² = 0%			ľ	
est for overall effect: $Z = 1$.	54 (P = 0.12)					
2 Group format						
McLean 2001	40	16.40(9.28)	33	16.52(6.93)	-	-0.01 [-0.48, 0.45]
ubtotal (95% CI)	40		33		•	-0.01 [-0.48, 0.45]
est for heterogeneity: not a	pplicable				Ţ	
est for overall effect: Z = 0	.06 (P = 0.95)					
otal (95% CI)	136		125		•	0.16 [-0.09, 0.40]
est for heterogeneity: Chi ² :	= 2.07, df = 3 (F	P = 0.56), I ² = 0%			*	
est for overall effect: Z = 1.						
					-4 -2 0 2	4

Favours BT Favours CT

Review: OCD: psychological interventions 04 Behaviour therapy v Cognitive therapy 09 Y-BOCS at 12 weeks follow-up Comparison: Outcome:

Study or sub-category	N B	ehaviour therapy Mean (SD)	N	CBT Mean (SD)		:	SMD (fixed) 95% Cl		SMD (fixed) 95% Cl	
01 Individual										
Whittal(under review	37	14.43(9.41)	34	11.59(7.80)			+-		0.32 [-0.15, 0.79]	
Subtotal (95% CI)	37		34						0.32 [-0.15, 0.79]	
Test for heterogeneity: not a	applicable						*			
Test for overall effect: $Z = 1$.35 (P = 0.18)									
02 Group format										
McLean 2001	40	16.35(9.34)	33	17.91(8.43)			-		-0.17 [-0.63, 0.29]	
Subtotal (95% CI)	40		33				•		-0.17 [-0.63, 0.29]	
Test for heterogeneity: not a	applicable									
Test for overall effect: Z = 0).73 (P = 0.46)									
Total (95% CI)	77		67				•		0.07 [-0.26, 0.40]	
Test for heterogeneity: Chi ²	= 2.19, df = 1 (P	= 0.14), I ² = 54.2%					ľ			
Test for overall effect: Z = 0	0.43 (P = 0.67)									
					-4	-2	ó	2	4	
						Favours	BT Favo	ours CBT		

OCD: psychological interventions Review: Comparison: 04 Behaviour therapy v Cognitive therapy Outcome 10 Y-BOCS at 26 weeks follow-up SMD (fixed) SMD (fixed) Study Cognitive therapy or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI 02 Individual format Cottraux 2001 25 -15.30(10.20) 28 -13.90(8.00) -0.15 [-0.69, 0.39] Subtotal (95% CI) 25 28 -0.15 [-0.69, 0.39] Test for heterogeneity: not applicable Test for overall effect: Z = 0.55 (P = 0.58) -2 ò Favours BT Favours CT Review: OCD: psychological interventions 04 Behaviour therapy v Cognitive therapy Comparison: Outcome 11 Y-BOCS at 52 weeks follow-up SMD (fixed) Study SMD (fixed) Behaviour therapy Cognitive therapy or sub-category Ν Mean (SD) Ν 95% CI 95% CI Mean (SD) 03 Individual format Cottraux 2001 23 -17.40(8.50)25 -13.60(8.80) -0.43 [-1.01, 0.14] Subtotal (95% CI) -0.43 [-1.01. 0.14] 25 23 Test for heterogeneity: not applicable Test for overall effect: Z = 1.48 (P = 0.14) 0 Favours BT Favours CT Review: OCD: psychological interventions Comparison: 04 Behaviour therapy v Cognitive therapy 12 Y-BOCS at 2 years follow-up Outcome Study Behaviour therapy Cognitive therapy SMD (fixed) SMD (fixed) Ν or sub-category Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 Individual format Whittal(under review 37 13.92(9.51) 11.68(7.68) 0.26 [-0.21, 0.72] Subtotal (95% CI) 37 34 0.26 [-0.21, 0.72] Test for heterogeneity; not applicable Test for overall effect: Z = 1.07 (P = 0.28) 02 Group format McLean 2001 0.14 [-0.32, 0.60] 17.00(9.91) 40 33 15.64(8.80) Subtotal (95% CI) 0.14 [-0.32, 0.60] 33 40 Test for heterogeneity: not applicable Test for overall effect: Z = 0.61 (P = 0.54) Total (95% CI) 0.20 [-0.13, 0.53] 67 Test for heterogeneity: $Chi^2 = 0.11$, df = 1 (P = 0.74), $I^2 = 0\%$ Test for overall effect: Z = 1.18 (P = 0.24) -4 0 Favours BT Favours CT Review: OCD: psychological interventions 04 Behaviour therapy v Cognitive therapy Comparison: Outcome 13 Beck Depression Inventory post treatment Study Behaviour therapy Cognitive therapy SMD (fixed) SMD (fixed) or sub-category Ν Ν Mean (SD) Mean (SD) 95% CI 95% CI 01 Individual format Cottraux 2001 30 -3.40(5.50) 30 -8.40(7.20) 0.77 [0.24, 1.30] Van Oppen 1995 29 12.90(8.50) 27 11.30(8.70) 0.18 [-0.34, 0.71] -0.11 [-0.58, 0.36] Whittalfunder review 37 13.47(9.00) 12.32(11.33) 34 Subtotal (95% CI) 96 91 0.25 [-0.04, 0.54] Test for heterogeneity: Chi² = 6.12, df = 2 (P = 0.05), l² = 67.3% Test for overall effect: Z = 1.68 (P = 0.09)02 Group format McLean 2001 15.38(13.21) 33 16.15(13.44) -0.06 [-0.52, 0.40] Subtotal (95% CD) 40 33 -0.06 [-0.52, 0.40] Test for heterogeneity: not applicable Test for overall effect: Z = 0.24 (P = 0.81) Total (95% CI) 136 124 0.16 [-0.08, 0.41] Test for heterogeneity: Chi² = 7.33, df = 3 (P = 0.06), l² = 59.1% Test for overall effect: Z = 1.29 (P = 0.20)

-4

-2

Ó Favours BT Favours CT

OCD: psychological interventions Review: Comparison: 04 Behaviour therapy v Cognitive therapy Outcome 14 Beck Depression Inventory at 12 weeks follow-up SMD (fixed) SMD (fixed) Study Behaviour therapy Cognitive therapy or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 Individual format Whittal(under review 37 12.16(11.25) 34 12.82(9.15) -0.06 [-0.53, 0.40] Subtotal (95% CI) 37 34 -0.06 [-0.53, 0.40] Test for heterogeneity: not applicable Test for overall effect: Z = 0.27 (P = 0.79) 03 Group format McLean 2001 4Ω 15.40(13.86) 33 17.46(15.08) -0.14 [-0.60, 0.32] Subtotal (95% CI) 40 33 -0.14 [-0.60, 0.32] Test for heterogeneity: not applicable Test for overall effect: Z = 0.60 (P = 0.55) Total (95% CI) 67 -0.10 [-0.43, 0.23] Test for heterogeneity: Chi² = 0.05, df = 1 (P = 0.82), l² = 0% Test for overall effect: Z = 0.61 (P = 0.54) ń Favours BT Favours CT Review: OCD: psychological interventions Comparison: 04 Behaviour therapy v Cognitive therapy Outcome 15 Beck Depression Inventory at 26 weeks follow-up SMD (fixed) SMD (fixed) Behaviour therapy Cognitive therapy or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 Individual format Cottraux 2001 25 -5.40(8.50) 28 -8.00(6.40) 0.34 [-0.20, 0.89] Subtotal (95% CI) 25 28 0.34 [-0.20, 0.89] Test for heterogeneity: not applicable Test for overall effect: Z = 1.24 (P = 0.22) -4 -2 ò Favours BT Favours CT OCD: psychological interventions Review: Comparison: 04 Behaviour therapy v Cognitive therapy Outcome: 16 Beck Depression Inventory at 52 weeks follow-up SMD (fixed) SMD (fixed) Study Behaviour therapy Cognitive therapy or sub-category N Mean (SD) N Mean (SD) 95% CI 95% CI 02 Individual format -7.10(7.40)0.28 [-0.28, 0.85] Cottraux 2001 23 -5.20(5.50) 25 Subtotal (95% CI) 0.28 [-0.28, 0.85] 25 23 Test for heterogeneity: not applicable Test for overall effect: Z = 0.98 (P = 0.33) -4 0 Favours BT Favours CT Review: OCD: psychological interventions 04 Behaviour therapy v Cognitive therapy Comparison: Outcome 17 Beck Depression Inventory at 2 years follow-up Behaviour therapy Study Cognitive therapy SMD (fixed) SMD (fixed) or sub-category Ν Ν Mean (SD) Mean (SD) 95% CI 95% CI 01 Individual format Whittal(under review 37 11.21(10.32) 34 13.73(9.79) -0.25 [-0.72, 0.22] Subtotal (95% CI) 37 34 -0.25 [-0.72, 0.22] Test for heterogeneity: not applicable Test for overall effect: Z = 1.04 (P = 0.30) 02 Group format 0.03 [-0.43, 0.49] McLean 2001 15.33(13.65) 33 14.94(14.22) 40 Subtotal (95% CI) 40 0.03 [-0.43, 0.49] Test for heterogeneity: not applicable Test for overall effect: Z = 0.12 (P = 0.91) 67 -0.11 [-0.44, 0.22] Test for heterogeneity: $Chi^2 = 0.68$, df = 1 (P = 0.41), $I^2 = 0\%$

-2

Ó Favours BT Favours CT

Test for overall effect: Z = 0.64 (P = 0.52)

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 18 NIMH-OCS

Study or sub-category	N B	ehaviour therapy Mean (SD)	N C	ognitive therapy Mean (SD)		SMD (fi 95%	,	SMD (fixed) 95% CI
01 Post treatment								
Cottraux 2001	30	-3.40(2.50)	30	-3.80(2.70)				0.15 [-0.36, 0.66]
Subtotal (95% CI)	30		30					0.15 [-0.36, 0.66]
Test for heterogeneity: not applic	cable						_	
Test for overall effect: $Z = 0.59$	(P = 0.56)							
02 At 26 weeks follow-up								
Cottraux 2001	25	-4.60(2.80)	28	-4.40(2.40)				-0.08 [-0.62, 0.46]
Subtotal (95% CI)	25		28					-0.08 [-0.62, 0.46]
Test for heterogeneity: not applic	cable							
est for overall effect: Z = 0.28 i	(P = 0.78)							
03 At 52 weeks follow-up								
Cottraux 2001	23	-5.10(2.90)	25	-4.60(2.60)	-			-0.18 [-0.75, 0.39]
Subtotal (95% CI)	23		25		-			-0.18 [-0.75, 0.39]
Fest for heterogeneity: not applic	cable							
Test for overall effect: Z = 0.62 i	(P = 0.54)							
					-1	-0.5 0	0.5	1
						Favours BT	Favours CT	

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 19 Padua Inventory post treatment

Study	В	ehaviour therapy	C	ognitive therapy	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
01 Individual format						
Van Oppen 1995	29	58.10(23.50)	28	51.50(27.80)	-	— 0.25 [-0.27, 0.77]
Whittal(under review	37	28.98(27.28)	34	28.58(16.70)		0.02 [-0.45, 0.48]
Subtotal (95% CI)	66		62			0.12 [-0.23, 0.47]
Test for heterogeneity: Chi² =	0.44, df = 1 (P	= 0.51), I ² = 0%			-	
Test for overall effect: $Z = 0$.	69 (P = 0.49)					
04 Group format						
McLean 2001	40	33.76(20.25)	33	35.58(22.74)		-0.08 [-0.55, 0.38]
Subtotal (95% CI)	40		33			-0.08 [-0.55, 0.38]
Test for heterogeneity: not ap	pplicable				-1	
Test for overall effect: $Z = 0$.	36 (P = 0.72)					
Total (95% CI)	106		95			0.05 [-0.23, 0.32]
Test for heterogeneity: Chi² =	0.93, df = 2 (P	= 0.63), I ² = 0%				
Test for overall effect: Z = 0.	33 (P = 0.74)					
				-1	-0.5 0 0.5	1

Favours BT Favours CT

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 20 Padua Inventory at 12 weeks follow-up

Study	В	ehaviour therapy	С	ognitive therapy		SMD	(fixed)	SMD (fixed)
or sub-category	Ν	Mean (SD)	N	Mean (SD)		951	% CI	95% CI
01 Individual format								
Whittal(under review	37	28.87(27.05)	34	28.82(16.69)				0.00 [-0.46, 0.47]
Subtotal (95% CI)	37		34					0.00 [-0.46, 0.47]
est for heterogeneity: not app	olicable						Γ	
Test for overall effect: $Z = 0.0$	1 (P = 0.99)							
2 Group format								
McLean 2001	40	34.29(22.32)	33	35.36(24.42)				-0.05 [-0.51, 0.42]
Subtotal (95% CI)	40		33					-0.05 [-0.51, 0.42]
est for heterogeneity: not app	olicable]	
est for overall effect: Z = 0.1	9 (P = 0.85)							
otal (95% CI)	77		67					-0.02 [-0.35, 0.31]
est for heterogeneity: Chi² = I	0.02, df = 1 (P	= 0.89), I ² = 0%				_		
est for overall effect: $Z = 0.1$	3 (P = 0.90)							
					-1	-0.5	0 0.5	1
						Favours BT	Favours CT	

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 21 Padua Inventory at 2 years follow-up

01 Individual format Whittal(under review	40					
\Ahittal(under review)	40					
* ** Intraffactor LOAICAA		34.46(21.40)	33	34.45(24.31)		0.00 [-0.46, 0.46]
Subtotal (95% CI)	40		33			0.00 [-0.46, 0.46]
est for heterogeneity: not applical	ble				T	
est for overall effect: Z = 0.00 (P	= 1.00)					
02 Group format						
McLean 2001	37	27.74(25.03)	34	28.29(17.38)		-0.03 [-0.49, 0.44]
Subtotal (95% CI)	37		34			-0.03 [-0.49, 0.44]
est for heterogeneity: not applical	ble				T	
Test for overall effect: $Z = 0.11$ (P	= 0.92)					
Total (95% CI)	77		67			-0.01 [-0.34, 0.32]
est for heterogeneity: Chi² = 0.01	, df = 1 (P	= 0.94), I ² = 0%			T	
est for overall effect: Z = 0.07 (P	= 0.94)					
					-1 -0.5 0 0.5	

Favours BT Favours CT

Favours BT Favours CT

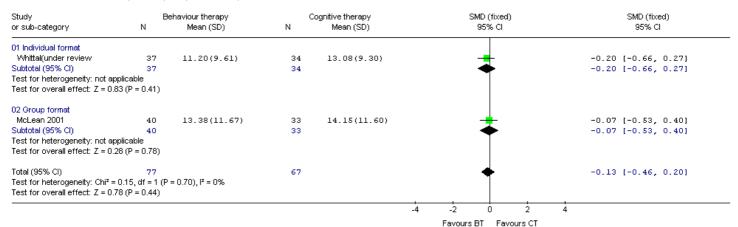
Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 22 Beck Anixety Inventory post treatment

22 Beck Anixety Inventory post treatment Study Cognitive therapy SMD (fixed) SMD (fixed) Behaviour therapy or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 Individual format Whittal(under review 11.99(10.66) -0.15 [-0.62, 0.31] 37 34 13.55(9.66) Subtotal (95% CI) 37 -0.15 [-0.62, 0.31] Test for heterogeneity: not applicable
Test for overall effect: Z = 0.64 (P = 0.52) 02 Group format -0.14 [-0.60, 0.32] -0.14 [-0.60, 0.32] McLean 2001 Subtotal (95% CI) 40 13.23(11.98) 33 14.88(10.99) 40 33 Test for heterogeneity: not applicable Test for overall effect: Z = 0.60 (P = 0.55) Total (95% CI) -0.15 [-0.47, 0.18] 67 Test for heterogeneity: $Chi^2 = 0.00$, df = 1 (P = 0.98), $I^2 = 0\%$ Test for overall effect: Z = 0.87 (P = 0.38)

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 23 Beck Anxiety Inventory at 12 weeks follow-up

Study	В	ehaviour therapy		ognitive therapy		SMD (fit	(ed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)		95%	a	95% CI
01 Individual format								
Whittal(under review	37	11.31(10.75)	34	11.46(9.44)		-		-0.01 [-0.48, 0.45]
Subtotal (95% CI)	37		34			•	•	-0.01 [-0.48, 0.45]
est for heterogeneity: not a	applicable					T		
Test for overall effect: Z = 0	0.06 (P = 0.95)							
3 Group format								
McLean 2001	40	13.40(11.06)	33	15.39(11.21)		-		-0.18 [-0.64, 0.28]
Subtotal (95% CI)	40		33			•		-0.18 [-0.64, 0.28]
est for heterogeneity; not a	applicable							
est for overall effect: Z = 0).75 (P = 0.45)							
otal (95% CI)	77		67			•		-0.10 [-0.42, 0.23]
est for heterogeneity: Chi ²	= 0.24, df $= 1$ (P	= 0.63), I ² = 0%				1		
est for overall effect: Z = 0).58 (P = 0.56)							
					-4	-2 0	<u>;</u>	4
						Favours BT	Favours CT	
						avours DT	i avouis CT	

OCD: psychological interventions Review: Comparison: 04 Behaviour therapy v Cognitive therapy Outcome: 24 Beck Anxiety Inventory at 2 years follow-up



OCD: psychological interventions

Comparison: 04 Behaviour therapy v Cognitive therapy

25 Symptom Checklist-90 Outcome:

Study or sub-category	N E	Behaviour therapy Mean (SD)	N	Cognitive therapy Mean (SD)			MD (fixed) 95% Cl			SMD (fixed) 95% Cl
O1 Post treatment Van Oppen 1995 Subtotal (95% CI) Test for heterogeneity: not Test for overall effect: Z =		178.30(48.70)	28 28	166.30(58.80)		- -	-			0.22 [-0.30, 0.74] 0.22 [-0.30, 0.74]
					-1	-0.5	ó	0.5	1	

Favours BT Favours CT

Favours BT Favours CT

OCD: psychological interventions Review:

Comparison: 04 Behaviour therapy v Cognitive therapy

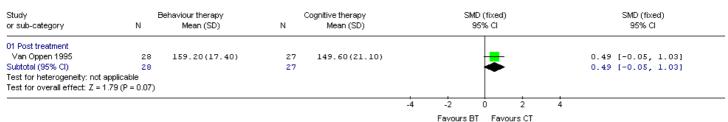
Outcome: 26 Anxiety Discomfort Scale: mean of patient, therapist and assessor ratings

Study or sub-category	Bi N	ehaviour therapy Mean (SD)	N C	ognitive therapy Mean (SD)		MD (fixed) 95% Cl			SMD (fixed) 95% CI
01 Post treatment Van Oppen 1995 Subtotal (95% CI) Test for heterogeneity; not	29 29	17.90(9.00)	28 28	13.40(9.40)		.			0.48 [-0.04, 1.01] 0.48 [-0.04, 1.01]
Test for overall effect: Z =					.	 	<u>.</u>	-:-	

Review: OCD: psychological interventions

Comparison: 04 Behaviour therapy v Cognitive therapy

Outcome 27 Irrational Belief Inventory



Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 28 Behavioural Avoidance Test: Avoidance

Study or sub-category	Be N	ehaviour therapy Mean (SD)	N C	ognitive therapy Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
01 Post treatment						
Cottraux 2001	30	-2.40(1.50)	30	-2.90(1.40)		0.34 [-0.17, 0.85]
Subtotal (95% CI)	30		30			0.34 [-0.17, 0.85]
Test for heterogeneity: not applicable						
Test for overall effect: Z = 1.31 (P = 0						
02 At 26 weeks follow-up						
Cottraux 2001	25	-2.80(1.70)	28	-3.10(1.30)		0.20 [-0.34, 0.74]
Subtotal (95% CI)	25		28			0.20 [-0.34, 0.74]
Test for heterogeneity: not applicable						
Test for overall effect: $Z = 0.71$ (P = 0	0.48)					
03 At 52 weeks follow-up						
Cottraux 2001	23	-2.90(1.60)	25	-3.10(1.20)		0.14 [-0.43, 0.71]
Subtotal (95% CI)	23		25			0.14 [-0.43, 0.71]
Test for heterogeneity: not applicable	:					
Test for overall effect: Z = 0.48 (P = 0						
<u> </u>						:
					-1 -0.5 0 0.5	1

Favours BT Favours CT

Favours BT Favours CT

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 29 Behavioural Avoidance Test: Discomfort

Study or sub-category	N E	Behaviour therapy Mean (SD)	N	Cognitive therapy Mean (SD)	SMD (fixed) 95% CI	SMD (fixed) 95% Cl
01 Post treatment						
Cottraux 2001	30	-16.90(9.70)	30	-17.60(9.60)		0.07 [-0.43, 0.58]
Subtotal (95% CI)	30		30			0.07 [-0.43, 0.58]
Test for heterogeneity: not ap	plicable					
Test for overall effect: $Z = 0.2$	28 (P = 0.78)					
02 At 26 weeks follow-up						
Cottraux 2001	25	-21.40(8.80)	28	-21.00(7.70)		-0.05 [-0.59, 0.49]
Subtotal (95% CI)	25		28			-0.05 [-0.59, 0.49]
Test for heterogeneity: not ap	plicable					
Test for overall effect: Z = 0.1	7 (P = 0.86)					
03 At 52 weeks follow-up						
Cottraux 2001	23	-21.90(8.40)	25	-20.80(6.80)		-0.14 [-0.71, 0.42]
Subtotal (95% CI)	23		25			-0.14 [-0.71, 0.42]
Test for heterogeneity: not ap	plicable					•
Test for overall effect: $Z = 0.4$	9 (P = 0.62)					

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 30 Obsessive Thoughts Checklist: total

Study	Е	Behaviour therapy	(Cognitive therapy		SMD	(fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)		95	% CI	95% CI
01 Post treatment								
Cottraux 2001	30	-13.60(14.30)	30	-17.30(17.00)				0.23 [-0.28, 0.74]
Subtotal (95% CI)	30		30					0.23 [-0.28, 0.74]
est for heterogeneity: not applicable	е							
est for overall effect: Z = 0.90 (P =	0.37)							
D2 At 26 weeks follow-up								
Cottraux 2001	25	-19.80(19.70)	28	-23.00(11.50)				0.20 [-0.34, 0.74]
Subtotal (95% CI)	25		28					0.20 [-0.34, 0.74]
est for heterogeneity: not applicable	е						_	
est for overall effect: $Z = 0.72$ (P =	0.47)							
3 At 52 weeks follow-up								
Cottraux 2001	23	-17.70(14.30)	25	-22.40(17.20)				0.29 [-0.28, 0.86]
Subtotal (95% CI)	23		25					0.29 [-0.28, 0.86]
est for heterogeneity: not applicable	е							·
est for overall effect: Z = 1.00 (P =	0.32)							
					-1	-0.5	0 0.5	1
						Favours BT	Favours CT	

Review: OCD: psychological interventions 04 Behaviour therapy v Cognitive therapy 31 ITIQ - intrusive thoughts Comparison:

Outcome:

Study or sub-category	N B	ehaviour therapy Mean (SD)	N	Cognitive therapy Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
01 Post treatment						
Cottraux 2001	30	-7.10(8.50)	30	-9.50(7.90)		0.29 [-0.22, 0.80]
Subtotal (95% CI)	30		30			0.29 [-0.22, 0.80]
Fest for heterogeneity: not ap	plicable					
Test for overall effect: $Z = 1.1$	11 (P = 0.27)					
02 At 26 weeks follow-up						
Cottraux 2001	25	-9.30(8.60)	28	-9.70(8.50)		0.05 [-0.49, 0.59]
Subtotal (95% CI)	25		28			0.05 [-0.49, 0.59]
est for heterogeneity: not ap	plicable					
est for overall effect: $Z = 0.1$	17 (P = 0.87)					
3 At 52 weeks follow-up						
Cottraux 2001	23	-8.30(8.60)	25	-10.60(8.90)		0.26 [-0.31, 0.83]
Subtotal (95% CI)	23		25			0.26 [-0.31, 0.83]
est for heterogeneity: not ap	plicable					
est for overall effect: $Z = 0.8$	39 (P = 0.37)					

Favours BT Favours CT

Favours BT Favours CT

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 32 ITIQ - interpretation/intrusion Review:

Study or sub-category	N E	Эehaviour therapy Меап (SD)	N	Cognitive therapy Mean (SD)	SMD (fixed) 95% CI	SMD (fixed) 95% Cl
01 Post treatment						
Cottraux 2001	30	-24.40(33.20)	30	-25.10(28.30)		0.02 [-0.48, 0.53]
ubtotal (95% CI)	30		30			0.02 [-0.48, 0.53]
est for heterogeneity: not app	plicable					,
est for overall effect: Z = 0.0	9 (P = 0.93)					
2 At 26 weeks follow-up						
Cottraux 2001	25	-40.00(30.80)	28	-29.20(27.10)		-0.37 [-0.91, 0.18]
ubtotal (95% CI)	25		28			-0.37 [-0.91, 0.18]
est for heterogeneity: not app	plicable					
est for overall effect: Z = 1.3	3 (P = 0.18)					
3 At 52 weeks follow-up						
Cottraux 2001	23	-32.30(30.70)	25	-28.70(26.50)		-0.12 [-0.69, 0.44]
ubtotal (95% CI)	23		25			-0.12 [-0.69, 0.44]
est for heterogeneity: not app	plicable					
est for overall effect: Z = 0.4	3 (P = 0.67)					

OCD: psychological interventions Comparison: Outcome: 04 Behaviour therapy v Cognitive therapy 33 ITIQ - responsibility

Study or sub-category t	V	Behaviour therapy Mean (SD)	N	Cognitive therapy Mean (SD)		SMD (fix 95% C	•		SMD (fixed) 95% Cl
01 Post treatment									
Cottraux 2001	30	-8.10(11.90)	30	-9.30(10.40)				0.11	[-0.40, 0.61]
Subtotal (95% CI)	30		30					0.11	[-0.40, 0.61]
Test for heterogeneity: not applicable	,						_		
Test for overall effect: $Z = 0.41$ (P = I	0.68)								
02 At 26 weeks follow-up									
Cottraux 2001	25	-14.30(11.00)	28	-10.30(10.50)		_	-	-0.37	[-0.91, 0.18]
Subtotal (95% CI)	25		28				-		[-0.91, 0.18]
Test for heterogeneity: not applicable	,								•
Test for overall effect: $Z = 1.32$ (P = I									
03 At 52 weeks follow-up									
Cottraux 2001	23	-11.00(10.50)	25	-10.80(8.90)				-0.02	[-0.59, 0.55]
Subtotal (95% CI)	23		25						[-0.59, 0.55]
Test for heterogeneity: not applicable	,					T			•
Test for overall effect: $Z = 0.07$ (P = 0									
					-1	-0.5	0.5	1	
						Favours BT F	avours CT		

Review: OCD: psychological interventions 04 Behaviour therapy v Cognitive therapy 34 ITIQ - guilt Comparison:

Outcome:

Study	Е	ehaviour therapy	(Cognitive therapy	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
11 Post treatment						
Cottraux 2001	30	-9.50(12.80)	30	-8.30(13.90)		-0.09 [-0.59, 0.42]
ubtotal (95% CI)	30		30			-0.09 [-0.59, 0.42]
est for heterogeneity; not applicable	е					•
est for overall effect: Z = 0.34 (P =	0.73)					
2 At 26 weeks follow-up						
Cottraux 2001	25	-13.80(12.20)	28	-10.50(12.10)		-0.27 [-0.81, 0.27]
ubtotal (95% CI)	25		28			-0.27 [-0.81, 0.27]
est for heterogeneity; not applicable	е					·
est for overall effect: Z = 0.97 (P =	0.33)					
3 At 52 weeks follow-up						
Cottraux 2001	23	-11.70(10.90)	25	-10.60(12.40)		-0.09 [-0.66, 0.47]
ubtotal (95% CI)	23		25			-0.09 [-0.66, 0.47]
est for heterogeneity: not applicable	е				-	
est for overall effect: Z = 0.32 (P =	0.75)					
						
					-1 -0.5 0 0.5	1

Favours BT Favours CT

Favours BT Favours CT

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 35 ITIQ - inferiority Review:

Study or sub-category	N B	lehaviour therapy Mean (SD)	N C	ognitive therapy Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
D1 Post treatment						
Cottraux 2001	30	-6.80(11.30)	30	-7.50(10.30)		0.06 [-0.44, 0.57]
Subtotal (95% CI)	30		30			0.06 [-0.44, 0.57]
est for heterogeneity; not applicable	е					
est for overall effect: Z = 0.25 (P =	0.80)					
02 At 26 weeks follow-up						
Cottraux 2001	25	-11.90(10.90)	28	-8.40(10.10)		-0.33 [-0.87, 0.21]
ubtotal (95% CI)	25		28			-0.33 [-0.87, 0.21]
est for heterogeneity: not applicable	е					
est for overall effect: Z = 1.19 (P =	0.24)					
03 At 52 weeks follow-up						
Cottraux 2001	23	-9.60(11.70)	25	-7.40(10.50)		-0.20 [-0.76, 0.37]
ubtotal (95% CI)	23		25			-0.20 [-0.76, 0.37]
est for heterogeneity; not applicable	е					
est for overall effect: Z = 0.67 (P =						
					-1 -0.5 0 0.5	1

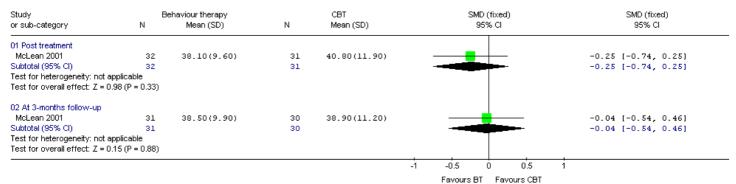
OCD: psychological interventions Comparison: Outcome: 04 Behaviour therapy v Cognitive therapy 36 Salkovskis Responsibility Scale

Study or sub-category N		ehaviour therapy Mean (SD)	N	Cognitive therapy Mean (SD)		SMD (fixe 95% CI	d)	SMD (fixed) 95% Cl
D1 Post treatment								
Cottraux 2001	30	-12.80(19.20)	30	-16.30(18.30)				0.18 [-0.32, 0.69]
Subtotal (95% CI)	30		30					0.18 [-0.32, 0.69]
est for heterogeneity: not applicable								
Test for overall effect: Z = 0.71 (P = 0								
02 At 26 weeks follow-up								
Cottraux 2001	25	-17.90(20.00)	28	-20.40(18.40)				0.13 [-0.41, 0.67]
Subtotal (95% CI)	25		28					0.13 [-0.41, 0.67]
Test for heterogeneity: not applicable								
Test for overall effect: Z = 0.47 (P = 0								
03 At 52 weeks follow-up								
Cottraux 2001	23	-17.30(20.90)	25	-15.50(17.20)				-0.09 [-0.66, 0.47]
Subtotal (95% CI)	23		25				- -	-0.09 [-0.66, 0.47]
est for heterogeneity: not applicable	,							•
Fest for overall effect: Z = 0.32 (P = 0								
					-1	-0.5	0.5	1
						Favours BT Fa	vours CT	

Review: OCD: psychological interventions Comparison: 04 Behaviour therapy v Cognitive therapy Outcome 37 Quality of life SMD (fixed) SMD (fixed) Study Behaviour therapy Cognitive therapy or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 Post treatment Cottraux 2001 30 -7.20(9.70) 30 -10.30(9.00) 0.33 [-0.18, 0.84] Subtotal (95% CI) 30 30 0.33 [-0.18, 0.84] Test for heterogeneity: not applicable Test for overall effect: Z = 1.26 (P = 0.21) 02 At 26 weeks follow-up Cottraux 2001 25 -11.10(10.60) 28 -11.50(9.00) 0.04 [-0.50, 0.58] Subtotal (95% CI) 25 28 0.04 [-0.50, 0.58] Test for heterogeneity: not applicable Test for overall effect: Z = 0.15 (P = 0.88) 03 At 52 weeks follow-up Cottraux 2001 23 -10.50(10.90) 25 -12.00(9.20) 0.15 [-0.42, 0.71] Subtotal (95% CI) 0.15 [-0.42, 0.71] 23 Test for heterogeneity: not applicable Test for overall effect: Z = 0.51 (P = 0.61) -0.5 Ö 0.5 Favours BT Favours CT OCD: psychological interventions Review: 04 Behaviour therapy v Cognitive therapy Comparison: Outcome 38 Thought Action Fusion Scale: Moral SMD (fixed) CBT SMD (fixed) Study Behaviour therapy Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI or sub-category 01 Post treatment McLean 2001 32 15.10(11.70) 31 15.20(14.50) -0.01 [-0.50, 0.49] Subtotal (95% CI) 32 31 -0.01 [-0.50, 0.49] Test for heterogeneity: not applicable Test for overall effect: Z = 0.03 (P = 0.98) 02 At 3-months follow-up McLean 2001 31 17.00(14.20) 30 14.20(15.10) 0.19 [-0.31, 0.69] Subtotal (95% CI) 30 0.19 [-0.31, 0.69] 31 Test for heterogeneity: not applicable Test for overall effect: Z = 0.74 (P = 0.46) -0.5 Ó 0.5 Favours BT Favours CBT Review: OCD: psychological interventions Comparison: 04 Behaviour therapy v Cognitive therapy Outcome 39 Thought Action Fusion Scale: Likelihood for Others СВТ SMD (fixed) Study ВТ SMD (fixed) or sub-category Mean (SD) Mean (SD) 95% CI 95% CI 01 Post treatment 31 3.00(4.60) -0.15 [-0.64, 0.34] McLean 2001 32 2.40(3.20) Subtotal (95% CI) 32 -0.15 [-0.64, 0.34] 31 Test for heterogeneity: not applicable Test for overall effect: Z = 0.59 (P = 0.55) 02 At 3-months follow-up McLean 2001 3.00(3.70) 30 3.00(4.90) 0.00 [-0.50, 0.50] 31 Subtotal (95% CI) 31 30 0.00 [-0.50, 0.50] Test for heterogeneity; not applicable Test for overall effect: Z = 0.00 (P = 1.00)-10 -5 Ó 10 Favours BT Favours CBT OCD: psychological interventions Review: Comparison: 04 Behaviour therapy v Cognitive therapy Outcome 40 Thought Action Fusion Scale: Likelihood for Self ВΤ СВТ SMD (fixed) SMD (fixed) Study Ν or sub-category Ν Mean (SD) Mean (SD) 95% CI 95% CI 01 Post treatment McLean 2001 2.90(2.90) 3.00(4.10) -0.03 [-0.52, 0.47] 32 31 -0.03 [-0.52, 0.47] Subtotal (95% CI) 32 31 Test for heterogeneity: not applicable Test for overall effect: Z = 0.11 (P = 0.91) 02 At 3-months follow-up McLean 2001 31 2.90(2.80) 30 3.20(4.10) -0.08 [-0.59, 0.42] Subtotal (95% CI) 31 30 -0.08 [-0.59, 0.42] Test for heterogeneity; not applicable Test for overall effect: Z = 0.33 (P = 0.74) -10 -5 Ò 5 10

Favours BT Favours CBT

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 41 IBRO: inflated responsibility



Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 42 IBRO: overestimation of threat

Study	B	ehaviour therapy		CBT	SMD (fixed)	SMD (fixed)
orsub-category N	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
01 Post treatment						
McLean 2001	32	15.20(4.90)	31	15.40(6.40)		-0.03 [-0.53, 0.46]
Subtotal (95% CI)	32		31			-0.03 [-0.53, 0.46]
Test for heterogeneity: not a	pplicable				T	
Test for overall effect: Z = 0	.14 (P = 0.89)					
02 At 3-months follow-up						
McLean 2001	31	15.50(5.80)	30	15.30(6.20)		0.03 [-0.47, 0.53]
Subtotal (95% CI)	31		30			0.03 [-0.47, 0.53]
Test for heterogeneity: not a	pplicable					
Test for overall effect: $Z = 0$	13 (P = 0.90)					

Favours BT Favours CBT

Favours BT Favours CBT

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 43 IBRO: intolerance of uncertainty

Study or sub-category	Bi N	ehaviour therapy Mean (SD)	N	CBT Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
, can category	.,	moun (ob)	.,	moun (ob)		00 70 01
11 Post treatment						
McLean 2001	32	19.90(4.80)	31	21.90(5.60)		-0.38 [-0.88, 0.12]
Subtotal (95% CI)	32		31			-0.38 [-0.88, 0.12]
est for heterogeneity: not ap	plicable					·
est for overall effect: $Z = 1$.						
12 At 3-months follow-up						
McLean 2001	31	19.70(5.50)	30	20.40(6.80)		-0.11 [-0.61, 0.39]
Subtotal (95% CI)	31		30			-0.11 [-0.61, 0.39]
est for heterogeneity: not ap	plicable					
est for overall effect: $Z = 0$.	44 (P = 0.66)					

Review: OCD: psychological interventions
Comparison: 04 Behaviour therapy v Cognitive therapy
Outcome: 44 Responsibility Attitude Scale

Study or sub-category	Be N	ehaviour therapy Mean (SD)	N	CBT Mean (SD)		\$	SMD (fixed) 95% Cl		SMD (fixed) 95% Cl	
01 Post treatment										
McLean 2001	32	63.70(29.70)	31	68.90(33.80)				_	-0.16 [-0.66, 0.33]	
Subtotal (95% CI)	32		31					_	-0.16 [-0.66, 0.33]	
Test for heterogeneity: not appli	cable									
Test for overall effect: Z = 0.64	(P = 0.52)									
02 At 3-months follow-up										
McLean 2001	31	68.00(34.00)	30	66.80(35.20)			_		0.03 [-0.47, 0.54]	
Subtotal (95% CI)	31		30						0.03 [-0.47, 0.54]	
Test for heterogeneity: not appli	cable									
Test for overall effect: Z = 0.13	(P = 0.89)									
-					-1	-0.5	-	0.5	1	
						Favours	BT Fav	ours CBT		

Review: OCD: psychological interventions Comparison: 05 Behaviour therapy v Rational emotive therapy Outcome: 01 Non-responders (ADS 70%) Behaviour therapy RET RR (fixed) RR (fixed) Study or sub-category n/N n/Ν 95% CI 95% CI 01 Post treatment Emmelkamp 1988 7/9 9/9 0.78 [0.55, 1.10] Subtotal (95% CI) 9 0.78 [0.55, 1.10] Total events: 7 (Behaviour therapy), 9 (RET) Test for heterogeneity: not applicable Test for overall effect: Z = 1.41 (P = 0.16) 02 At 1-month follow-up Emmelkamp 1988 7/9 7/9 1.00 [0.61, 1.64] Subtotal (95% CI) 1.00 [0.61, 1.64] Total events: 7 (Behaviour therapy), 7 (RET) Test for heterogeneity: not applicable Test for overall effect: Z = 0.00 (P = 1.00) 0.5 0.7 1.5 2 Favours BT Favours RET Review: OCD: psychological interventions Comparison: 05 Behaviour therapy v Rational emotive therapy 02 Maudsley Obsessive-Compulsive Inventory Outcome Study Behaviour therapy RET SMD (fixed) SMD (fixed) or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 Post treatment Emmelkamp 1988 9 12.60(5.40) 11.30(1.70) 0.31 [-0.62, 1.24] 0.20 [-0.66, 1.06] 0.25 [-0.38, 0.88] Emmelkamp 1991 11 13.70(6.10) 10 12.30(7.30) Subtotal (95% CI) 20 19 Test for heterogeneity: Chi² = 0.03, df = 1 (P = 0.87), l² = 0% Test for overall effect: Z = 0.78 (P = 0.44) 02 At 1-month follow-up Emmelkamp 1988 11.40(4.70) 9.80(5.40) 0.30 [-0.63, 1.23] Subtotal (95% CI) 0.30 [-0.63, 1.23] Test for heterogeneity: not applicable Test for overall effect: Z = 0.63 (P = 0.53) Favours BT Favours RET Review: OCD: psychological interventions 05 Behaviour therapy v Rational emotive therapy Comparison: Outcome 03 Anxiety Discomfort Scale Study RET SMD (fixed) SMD (fixed) Behaviour therapy or sub-category Ν N Mean (SD) 95% CI 95% CI Mean (SD) 01 Post treatment Emmelkamp 1988 26.00(15.70) 9 29.10(10.00) -0.22 [-1.15, 0.70] Subtotal (95% CI) -0.22 [-1.15, 0.70] Test for heterogeneity: not applicable Test for overall effect: Z = 0.47 (P = 0.64) 02 At 1-month follow-up Emmelkamp 1988 23.30(10.20) 25.70(14.70) -0.18 [-1.11, 0.75] Subtotal (95% CI) -0.18 [-1.11, 0.75] Test for heterogeneity: not applicable Test for overall effect: Z = 0.38 (P = 0.70)Ó Favours BT Favours RET OCD: psychological interventions Review: Comparison: 05 Behaviour therapy v Rational emotive therapy Outcome 04 Irrational Beliefs Test SMD (fixed) SMD (fixed) Study Behaviour therapy RET N N Mean (SD) or sub-category Mean (SD) 01 Post treatment Emmelkamp 1988 164.00(12.50) 0.02 [-0.90, 0.94] 9 164.30(16.90) 9 Emmelkamp 1991 104.60(11.00) 10 0.49 [-0.38, 1.36] 11 97.50(16.60) Subtotal (95% CI) 0.27 [-0.37, 0.90] 20 19 Test for heterogeneity: $Chi^2 = 0.53$, df = 1 (P = 0.47), $I^2 = 0\%$ Test for overall effect: Z = 0.83 (P = 0.41) 02 At 1-month follow-up Emmelkamp 1988 163.90(16.90) 155.80(17.10) 0.45 [-0.49, 1.39] Subtotal (95% CI) 0.45 [-0.49, 1.39] Test for heterogeneity; not applicable Test for overall effect: Z = 0.95 (P = 0.34) -4 -2 4

Favours BT Favours RET

Review: OCD: psychological interventions

Comparison: 05 Behaviour therapy v Rational emotive therapy

Outcome: 05 Self-rating Depression Scale

Study or sub-category	В N	ehaviour therapy Mean (SD)	N	RET Mean (SD)		SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
01 Post treatment							
Emmelkamp 1988	9	47.90(6.20)	9	45.60(7.30)		_	0.32 [-0.61, 1.26]
Emmelkamp 1991	11	52.10(8.10)	10	47.80(9.40)			0.47 [-0.40, 1.34]
Subtotal (95% CI)	20		19			•	0.40 [-0.23, 1.04]
Test for heterogeneity: Chi² = I	0.05, df = 1 (P	= 0.82), I ² = 0%				•	
Test for overall effect: $Z = 1.2$	4 (P = 0.21)						
02 At 1-month follow-up							
Emmelkamp 1988	9	48.70(10.40)	9	43.40(9.50)		- - - - - - - - - - 	0.51 [-0.44, 1.45]
Subtotal (95% CI)	9		9			•	0.51 [-0.44, 1.45]
Test for heterogeneity: not app	olicable						
Test for overall effect: Z = 1.0	5 (P = 0.29)						
-					-4	-2 0 2	4

Favours BT Favours RET

Favours BT Favours RET

Favours BT Favours RET

Review:

OCD: psychological interventions 05 Behaviour therapy v Rational emotive therapy 06 Social Anxiety scale Comparison:

Outcome:

Study	Be	Behaviour therapy N Mean (SD)		RET	SMD (fixed)	SMD (fixed)
or sub-category	N			Mean (SD)	95% CI	95% CI
01 Post treatment						
Emmelkamp 1988	9	48.30(18.80)	9	48.10(14.20)		0.01 [-0.91, 0.94]
Subtotal (95% CI)	9		9			0.01 [-0.91, 0.94]
est for heterogeneity: not ap	plicable					
Test for overall effect: $Z = 0.0$	02 (P = 0.98)					
02 At 1-month follow-up						
Emmelkamp 1988	9	44.30(23.30)	9	44.30(17.20)		0.00 [-0.92, 0.92]
Subtotal (95% CI)	9		9			0.00 [-0.92, 0.92]
est for heterogeneity: not ap	plicable				T	
Test for overall effect: $Z = 0.0$	00 (P = 1.00)					

Review:

Comparison:

OCD: psychological interventions 05 Behaviour therapy v Rational emotive therapy 07 Hostility and Direction of Hostility Questionnaire: Intrapunitivity Outcome:

Study	Behaviour therapy		RET		SMD (fixed)	SMD (fixed)	
or sub-category	N	Mean (SD)	N Mean (SD)		95% CI	95% CI	
01 Post treatment							
Emmelkamp 1988	9	17.10(7.70)	9	17.30(7.20)	 _	-0.03 [-0.95, 0.90]	
Subtotal (95% CI)	9		9		•	-0.03 [-0.95, 0.90]	
Test for heterogeneity: not applic	able				Т		
Test for overall effect: $Z = 0.05$ (I	P = 0.96)						
02 At 1-month follow-up							
Emmelkamp 1988	9	17.10(10.00)	9	16.10(8.20)		0.10 [-0.82, 1.03]	
Subtotal (95% CI)	9		9		•	0.10 [-0.82, 1.03]	
Test for heterogeneity: not applic	able						
Test for overall effect: Z = 0.22 (I	P = 0.83)						
				-4	-2 0 2	4	

Review:

OCD: psychological interventions 05 Behaviour therapy v Rational emotive therapy Comparison:

Outcome: 08 Hostility and Direction of Hostility Questionnaire: Extrapunitivity

Study or sub-category	N E	Behaviour therapy Mean (SD)	N	RET Mean (SD)			(fixed) % Cl			SMD (fixed) 95% Cl
01 Post treatment										
Emmelkamp 1988	9	16.80(6.00)	9	16.30(7.20)		_			0.	07 [-0.85, 1.00]
Subtotal (95% CI)	9		9						0.	07 [-0.85, 1.00]
Test for heterogeneity: not applicab	ile						Γ			•
Test for overall effect: $Z = 0.15$ (P =	= 0.88)									
02 At 1-month follow-up										
Emmelkamp 1988	9	14.80(5.90)	9	15.80(9.50)		_	<u> </u>		-0.	12 [-1.05, 0.80]
Subtotal (95% CI)	9		9			-			-0.	12 [-1.05, 0.80]
Test for heterogeneity: not applicab	ile					_				
Test for overall effect: Z = 0.26 (P =	= 0.80)									
					-4	-2 (0	· 2	4	
						Favours BT	Favo	urs RET		

Review: OCD: psychological interventions

05 Behaviour therapy v Rational emotive therapy 09 Dutch Obsessive-Compulsive Questionnaire Comparison: Outcome:

Study or sub-category	Bi N	ehaviour therapy Mean (SD)	N	RET Mean (SD)		(fixed) % Cl	SMD (fixed) 95% Cl
01 Post treatment							
Emmelkamp 1991	11	84.80(24.40)	10	80.50(23.20)		├	0.17 [-0.69, 1.03]
Subtotal (95% CI)	11		10				0.17 [-0.69, 1.03]
Test for heterogeneity: not	t applicable					T	
Test for overall effect: Z =	0.40 (P = 0.69)						
					-1 -0.5	0 0.5 1	

Favours BT Favours RET

Favours BT Favours RET

Favours BT Favours RET + exp

Favours BT Favours RET + exp

OCD: psychological interventions Review:

Comparison:

05 Behaviour therapy v Rational emotive therapy 10 Anxiety Discomfort Scale: main OC symptoms (Assessor) Outcome:

Study or sub-category	Be N	ehaviour therapy Mean (SD)	N	RET Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
01 Post treatment						
Emmelkamp 1991	11	4.30(2.10)	10	4.10(2.90)		0.08 [-0.78, 0.93]
Subtotal (95% CI)	11		10			0.08 [-0.78, 0.93]
Test for heterogeneity: not	t applicable					•
Test for overall effect: Z =	0.17 (P = 0.86)					

Review:

OCD: psychological interventions 06 BT v RET + exposure in vivo (post RET alone) 01 Maudsley Obsessive-Compulsive Inventory Comparison: Outcome:

Study	Ве	ehaviour therapy	RET + exposure		SMD (fixed)	SMD (fixed)	
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI	
01 Post treatment							
Emmelkamp 1991	11	11.70(6.10)	10	9.60(6.90)		0.31 [-0.55, 1.17]	
Subtotal (95% CI)	11		10			0.31 [-0.55, 1.17]	
Test for heterogeneity: not a	pplicable				_		
Test for overall effect: Z = 0	.71 (P = 0.48)						
02 At follow-up							
Emmelkamp 1991	11	12.20(5.90)	10	9.60(7.20)	- 	0.38 [-0.48, 1.25]	
Subtotal (95% CI)	11		10		—	0.38 [-0.48, 1.25]	
Test for heterogeneity: not a	pplicable				-		
Test for overall effect: Z = 0	.86 (P = 0.39)						
				<u> </u>		<u> </u>	

Review:

OCD: psychological interventions 06 BT v RET + exposure in vivo (post RET alone) Comparison: Outcome: 02 Dutch Obsessive-Compulsive Questionnaire

Study	В	ehaviour therapy	1	RET + exposure	SMD (fixed)	SMD (fixed)	
or sub-category	N	Mean (SD)	N Mean (SD)		95% CI	95% CI	
01 Post treatment							
Emmelkamp 1991	11	80.80(25.90)	10	73.80(15.90)	- - -	0.31 [-0.55, 1.17]	
Subtotal (95% CI)	11		10		-	0.31 [-0.55, 1.17]	
Test for heterogeneity: not a	oplicable				-		
Test for overall effect: Z = 0	70 (P = 0.48)						
02 At follow-up							
Emmelkamp 1991	11	83.40(26.60)	10	76.60(20.20)	-	0.27 [-0.59, 1.14]	
Subtotal (95% CI)	11		10		-	0.27 [-0.59, 1.14]	
Test for heterogeneity: not a	oplicable						
Test for overall effect: $Z = 0$.	62 (P = 0.53)						

Review:

OCD: psychological interventions 05 Behaviour therapy v Rational emotive therapy 03 Anxiety Discomfort Scale Comparison:

Outcome:

Study	В	ehaviour therapy		RET			SMD (fixed))		SMD (fixed)
or sub-category	N	N Mean (SD)		N Mean (SD)		95% CI				95% CI
01 Post treatment										
Emmelkamp 1988	9	26.00(15.70)	9	29.10(10.00)		-	_			-0.22 [-1.15, 0.70]
Subtotal (95% CI)	9		9			-	-			-0.22 [-1.15, 0.70]
Test for heterogeneity: not applic	able						_			
Test for overall effect: Z = 0.47 (P = 0.64)									
02 At 1-month follow-up										
Emmelkamp 1988	9	23.30(10.20)	9	25.70(14.70)			_			-0.18 [-1.11, 0.75]
Subtotal (95% CI)	9		9				-			-0.18 [-1.11, 0.75]
Test for heterogeneity: not applic	able									
Test for overall effect: $Z = 0.38$ (P = 0.70)									
					-4	-2	-	2	4	
						Favours	BT Fav	ours RET		

Review: OCD: psychological interventions Comparison: 05 Behaviour therapy v Rational emotive therapy Outcome: 04 Irrational Beliefs Test Study Behaviour therapy or sub-category Ν Mean (SD) 01 Post treatment Emmelkamp 1988

RET SMD (fixed) SMD (fixed) Ν Mean (SD) 95% CI 95% CI 164.00(12.50) 164.30(16.90) 0.02 [-0.90, 0.94] Emmelkamp 1991 11 104.60(11.00) 10 97.50(16.60) 0.49 [-0.38, 1.36] Subtotal (95% CI) 20 19 0.27 [-0.37, 0.90] Test for heterogeneity: $Chi^2 = 0.53$, df = 1 (P = 0.47), $I^2 = 0\%$ Test for overall effect: Z = 0.83 (P = 0.41) 02 At 1-month follow-up Emmelkamp 1988 Subtotal (95% CI) 0.45 [-0.49, 1.39] 0.45 [-0.49, 1.39] 9 163.90(16.90) 155.80(17.10) 9 Test for heterogeneity: not applicable Test for overall effect: Z = 0.95 (P = 0.34)

Favours BT Favours RET

Favours BT Favours RET

Review:

OCD: psychological interventions 05 Behaviour therapy v Rational emotive therapy Comparison:

Outcome: 05 Self-rating Depression Scale

Study	В	ehaviour therapy		RET	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
01 Post treatment						
Emmelkamp 1988	9	47.90(6.20)	9	45.60(7.30)	- -	0.32 [-0.61, 1.26]
Emmelkamp 1991	11	52.10(8.10)	10	47.80(9.40)	 - 	0.47 [-0.40, 1.34]
Subtotal (95% CI)	20		19		*	0.40 [-0.23, 1.04]
Fest for heterogeneity: Chi ² :	= 0.05, df = 1 (P	= 0.82), I ² = 0%				
est for overall effect: Z = 1	.24 (P = 0.21)					
02 At 1-month follow-up						
Emmelkamp 1988	9	48.70(10.40)	9	43.40(9.50)		0.51 [-0.44, 1.45]
Subtotal (95% CI)	9		9		-	0.51 [-0.44, 1.45]
est for heterogeneity: not a	pplicable					
Test for overall effect: $Z = 1$	05 (P = 0.29)					

OCD: psychological interventions Review:

Comparison: 05 Behaviour therapy v Rational emotive therapy

Outcome: 06 Social Anxiety scale

Study	В	ehaviour therapy		RET	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
01 Post treatment						
Emmelkamp 1988	9	48.30(18.80)	9	48.10(14.20)		0.01 [-0.91, 0.94]
Subtotal (95% Cl)	9		9			0.01 [-0.91, 0.94]
Test for heterogeneity: not app	plicable				T	
Test for overall effect: $Z = 0.0$)2 (P = 0.98)					
02 At 1-month follow-up						
Emmelkamp 1988	9	44.30(23.30)	9	44.30(17.20)		0.00 [-0.92, 0.92]
Subtotal (95% CI)	9		9			0.00 [-0.92, 0.92]
Test for heterogeneity: not app	plicable				T	
Test for overall effect: $Z = 0.0$	00 (P = 1.00)					
					-1 -0.5 0 0.5	1
						•
					Favours BT Favours RET	

OCD: psychological interventions Review:

Comparison: 05 Behaviour therapy v Rational emotive therapy

Outcome: 07 Hostility and Direction of Hostility Questionnaire: Intrapunitivity

Study	Ве	ehaviour therapy		RET		S	MD (fixed)			SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)			95% CI			95% CI
D1 Post treatment										
Emmelkamp 1988	9	17.10(7.70)	9	17.30(7.20)		-	_			-0.03 [-0.95, 0.90]
Subtotal (95% CI)	9		9			-	•			-0.03 [-0.95, 0.90]
Test for heterogeneity: not app	licable						T			
Test for overall effect: $Z = 0.05$	(P = 0.96)									
02 At 1-month follow-up										
Emmelkamp 1988	9	17.10(10.00)	9	16.10(8.20)			_			0.10 [-0.82, 1.03]
Subtotal (95% CI)	9		9				-			0.10 [-0.82, 1.03]
Test for heterogeneity: not app	licable						Ī			
Test for overall effect: $Z = 0.22$	(P = 0.83)									
					-4	-2	-	- <u>;</u>	4	
						Favours		urs RET		

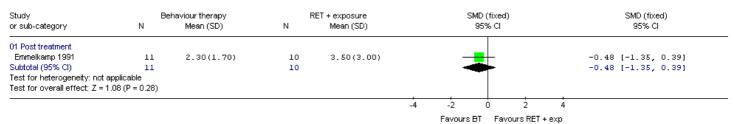
OCD: psychological interventions Review: Comparison: 05 Behaviour therapy v Rational emotive therapy Outcome 08 Hostility and Direction of Hostility Questionnaire: Extrapunitivity SMD (fixed) SMD (fixed) Study Behaviour therapy RET or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 Post treatment Emmelkamp 1988 16.80(6.00) 16.30(7.20) 0.07 [-0.85, 1.00] Subtotal (95% CI) 0.07 [-0.85, 1.00] Test for heterogeneity: not applicable Test for overall effect: Z = 0.15 (P = 0.88) 02 At 1-month follow-up Emmelkamp 1988 14.80(5.90) 15.80(9.50) -0.12 [-1.05, 0.80] Subtotal (95% CI) -0.12 [-1.05, 0.80] Test for heterogeneity: not applicable Test for overall effect: Z = 0.26 (P = 0.80) -4 -2 0 2 Favours BT Favours RET Review: OCD: psychological interventions 05 Behaviour therapy v Rational emotive therapy 09 Dutch Obsessive-Compulsive Questionnaire Comparison Outcome Study RET SMD (fixed) SMD (fixed) or sub-category M Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 Post treatment Emmelkamp 1991 80.50(23.20) 0.17 [-0.69, 1.03] 84.80(24.40) Subtotal (95% CI) 11 10 0.17 [-0.69, 1.03] Test for heterogeneity; not applicable Test for overall effect: Z = 0.40 (P = 0.69) -0.5 Ó 0.5 Favours BT Favours RET Review: OCD: psychological interventions 05 Behaviour therapy v Rational emotive therapy Comparison: Outcome 10 Anxiety Discomfort Scale: main OC symptoms (Assessor) SMD (fixed) SMD (fixed) Study Behaviour therapy RET or sub-category Mean (SD) Mean (SD) 01 Post treatment 0.08 [-0.78, 0.93] 0.08 [-0.78, 0.93] Emmelkamp 1991 11 4.30(2.10) 10 4.10(2.90) Subtotal (95% CI) 10 11 Test for heterogeneity: not applicable Test for overall effect: Z = 0.17 (P = 0.86) -0.5 0.5 Ó Favours BT Favours RET Review OCD: psychological interventions 06 BT v RET + exposure in vivo (post RET alone) Comparison: Outcome 01 Maudsley Obsessive-Compulsive Inventory Study Behaviour therapy RET + exposure SMD (fixed) SMD (fixed) or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 Post treatment Emmelkamp 1991 11 11.70(6.10) 10 9.60(6.90) 0.31 [-0.55, 1.17] Subtotal (95% CI) 11 10 0.31 [-0.55, 1.17] Test for heterogeneity: not applicable Test for overall effect: Z = 0.71 (P = 0.48) 02 At follow-up Emmelkamp 1991 12.20(5.90) 9.60(7.20) 0.38 [-0.48, 1.25] 10 11 Subtotal (95% CI) 0.38 [-0.48, 1.25] Test for heterogeneity: not applicable Test for overall effect: Z = 0.86 (P = 0.39) Favours BT Favours RET + exp Review OCD: psychological interventions Comparison: 06 BT v RET + exposure in vivo (post RET alone) Outcome 02 Dutch Obsessive-Compulsive Questionnaire

Study or sub-category	Be N	ehaviour therapy Mean (SD)	N F	RET + exposure Mean (SD)		:	SMD (fixed) 95% Cl			SMD (fixed) 95% CI
01 Post treatment										
Emmelkamp 1991	11	80.80(25.90)	10	73.80(15.90)						0 01 1 0 55 1 171
		80.80(28.90)		73.80(15.90)						0.31 [-0.55, 1.17]
Subtotal (95% CI)	11		10					-		0.31 [-0.55, 1.17]
Test for heterogeneity: not appl	icable									
Test for overall effect: $Z = 0.70$	(P = 0.48)									
02 At follow-up										
Emmelkamp 1991	11	83.40(26.60)	10	76.60(20.20)			_			0.27 [-0.59, 1.14]
Subtotal (95% CI)	11		10				•			0.27 [-0.59, 1.14]
Test for heterogeneity: not appl	icable									
Test for overall effect: $Z = 0.62$	(P = 0.53)									
					-4	-2	-	2	4	
						Favours	BT Fav	ours RET -	+ exp	

Review: OCD: psychological interventions

Comparison: 06 BT v RET + exposure in vivo (post RET alone)

Outcome: 03 Anxiety Discomfort Scale: main OC symptoms (assessor)



Review: OCD: psychological interventions

Comparison: 06 BT v RET + exposure in vivo (post RET alone)

Outcome: 04 Irrational Beliefs Test

tudy r sub-category	N E	Behaviour therapy Mean (SD)	N F	RET + exposure Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% CI
1 Post treatment						
Emmelkamp 1991	11	100.80(21.10)	10	88.80(18.30)	+	0.58 [-0.30, 1.46]
ubtotal (95% CI)	11		10		-	0.58 [-0.30, 1.46]
est for heterogeneity: not ap	plicable				-	
est for overall effect: Z = 1.3	0 (P = 0.19)					
2 At follow-up						
Emmelkamp 1991	11	103.50(17.80)	10	88.90(24.70)	 _	0.66 [-0.23, 1.54]
ubtotal (95% CI)	11		10		-	0.66 [-0.23, 1.54]
est for heterogeneity: not ap	plicable				1 -	•
est for overall effect: Z = 1.4	6 (P = 0.15)				1	

Favours BT Favours RET + exp

Favours BT Favours RET + exp

Review: OCD: psychological interventions

Comparison: 06 BT v RET + exposure in vivo (post RET alone)

Outcome: 05 Self-rating Depression Scale

Study	Ве	ehaviour therapy	ı	RET + exposure		SM	D (fixed)			SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)		9	15% CI			95% CI
01 Post treatment										
Emmelkamp 1991	11	49.50(10.80)	10	43.70(10.40)			+-	-		0.52 [-0.35, 1.40]
Subtotal (95% CI)	11		10				-	-		0.52 [-0.35, 1.40]
Test for heterogeneity: not	applicable						-			
Test for overall effect: Z =	1.18 (P = 0.24)									
02 At follow-up										
Emmelkamp 1991	11	49.90(11.80)	10	49.60(16.40)		_	-			0.02 [-0.84, 0.88]
Subtotal (95% CI)	11		10			-	•			0.02 [-0.84, 0.88]
Test for heterogeneity: not	applicable						T			
Test for overall effect: Z =	0.05 (P = 0.96)									
					-4	-2	ó	2	4	

Review: OCD: psychological interventions

Comparison: 07 BT v CBT

Outcome: 01 Leaving the study early

Study or sub-category	Behaviour therapy n/N	CBT n/N	RR (fixed) 95% Cl	RR (fixed) 95% Cl
Vogel 2004	8/19	1/16	-	6.74 [0.94, 48.29]
Total (95% CI) Total events: 8 (Behaviour th Test for heterogeneity: not ap Test for overall effect: Z = 1.	t applicable	16		6.74 [0.94, 48.29]
			0.01 0.1 1 10 100	
			Favours BT Favours CBT	

Review: OCD: psychological interventions

Comparison: 07 BT v CBT
Outcome: 02 Non-remission (Y-BOCS)

Study or sub-category	Behaviour therapy n <i>i</i> N	CBT n/N	RR (fixed) 95% Cl	RR (fixed) 95% Cl
01 Post treatment				
Vogel 2004	9/19	10/16		0.76 [0.41, 1.39]
Subtotal (95% CI)	19	16		0.76 [0.41, 1.39]
Total events: 9 (Behaviour the	rapy), 10 (CBT)			
Test for heterogeneity: not app	olicable			
Test for overall effect: Z = 0.8	9 (P = 0.37)			
02 At 3 months follow-up				
Vogel 2004	9/19	10/16		0.76 [0.41, 1.39]
Subtotal (95% CI)	19	16		0.76 [0.41, 1.39]
Total events: 9 (Behaviour the	rapy), 10 (CBT)			
Test for heterogeneity: not app	olicable			
Test for overall effect: Z = 0.8	9 (P = 0.37)			
Total (95% CI)	38	32		0.76 [0.49, 1.16]
Total events: 18 (Behaviour th	erapy), 20 (CBT)			, ,
Test for heterogeneity: Chi² = I				
Test for overall effect: Z = 1.2				
			0.2 0.5 1 2	5

Favours BT Favours CBT

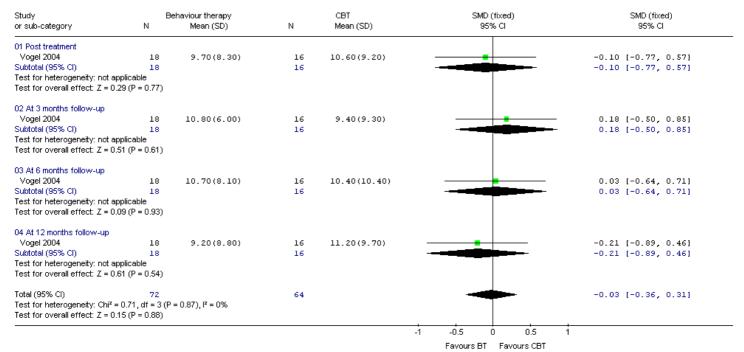
Favours BT Favours CBT

Review: OCD: psychological interventions
Comparison: 07 BT v CBT
Outcome: 03 Y-BOCS

Study or sub-category	N B	lehaviour therapy Mean (SD)	N	CBT Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% CI
O4 P444				· ·		
01 Post treatment	10	16 10 15 001	1.0	16 8018 001		0.00 / 0.85 0.501
Vogel 2004 Subtotal (95% CI)	19 19	16.10(7.30)	16 16	16.70(7.20)		-0.08 [-0.75, 0.58] -0.08 [-0.75, 0.58]
Subtotal (95% CI) Test for heterogeneity: not ap			16			-0.08 [-0.75, 0.88]
rest for neterogeneity, not ap Test for overall effect: Z = 0.2						
rest for overall effect. Z = 0.2	4 (P = 0.01)					
02 At 3 months follow-up						
Vogel 2004	19	17.30(7.10)	16	14.40(7.00)	+	0.40 [-0.27, 1.07]
Subtotal (95% CI)	19		16		*	0.40 [-0.27, 1.07]
Test for heterogeneity: not ap	plicable					
Test for overall effect: $Z = 1.1$	7 (P = 0.24)					
03 At 6 months follow-up						
Voqel 2004	19	17.80(5.70)	16	12.70(5.90)		0.86 [0.16, 1.56]
Subtotal (95% CI)	19		16			0.86 [0.16, 1.56]
Test for heterogeneity: not ap	olicable				•	, ,
Test for overall effect: $Z = 2.4$						
04 At 12 months follow-up						
Vogel 2004	19	15.40(8.10)	16	14.80(8.30)		0.07 [-0.59, 0.74]
Subtotal (95% CI)	19		16		•	0.07 [-0.59, 0.74]
Test for heterogeneity: not ap	olicable				T	
Test for overall effect: $Z = 0.2$						
Total (95% CI)	76		64		•	0.30 [-0.04, 0.64]
Test for heterogeneity: Chi² =		' = 0.23), I ² = 29.8%			*	
Test for overall effect: Z = 1.7		/1				

Review: OCD: psychological interventions

Comparison: 07 BT v CBT Outcome: 08 BDI



Review: OCD: psychological interventions

Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation

Outcome: 01 Leaving the study early

Study or sub-category	Kundalini yoga n/N	RR+MM n/N	RR (fixed) 95% Cl	RR (fixed) 95% Cl
Shannahoff-Khalsa99	5/12	3/10		1.39 [0.44, 4.43]
Total (95% CI) Total events: 5 (Kundalini yoga Test for heterogeneity: not app Test for overall effect: Z = 0.5	olicable	10		1.39 [0.44, 4.43]
		n'-	1 02 05 1 2 5	10

Favours K-yoga Favours RR+MM

Review: OCD: psychological interventions

Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation

Outcome: 02 Y-BOCS (ITT)

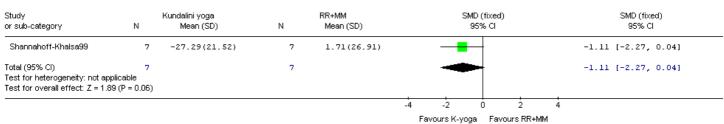
Study or sub-category	N	Kundalini yoga Mean (SD)	N	RR+MM Mean (SD)		S	SMD (fixed) 95% CI			SMD (fixed) 95% Cl
Shannahoff-Khalsa99	12	17.25(6.11)	10	20.80(6.27)		_	-			-0.55 [-1.41, 0.31]
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 1.2			10			4	•		ı	-0.55 [-1.41, 0.31]
•					-4	-2	ó	2	4	

Favours K-voga Favours RR+MM

Review: OCD: psychological interventions

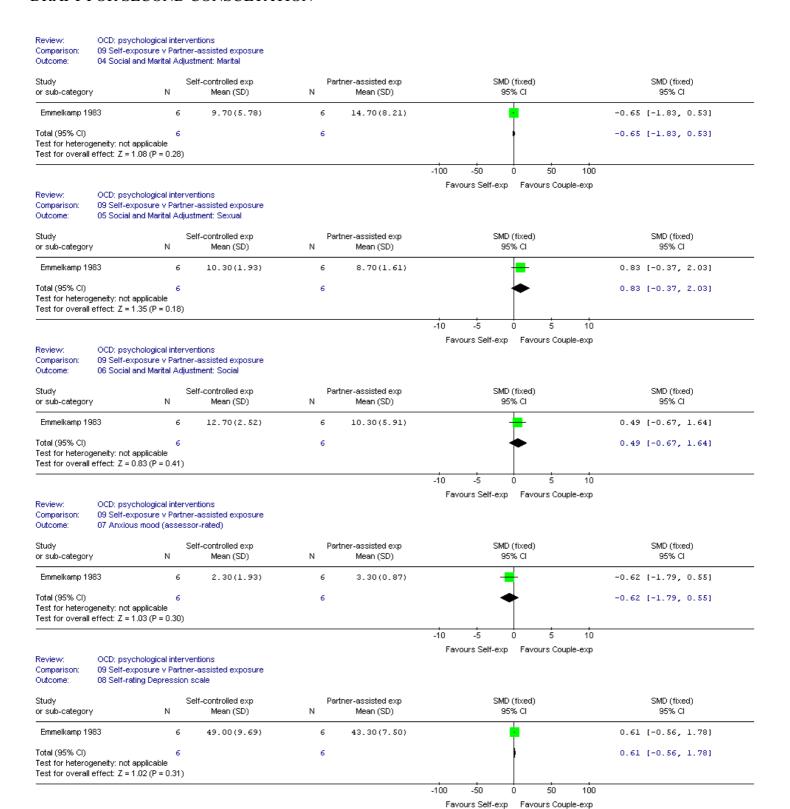
Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation

Outcome: 03 Profile of Moods scale

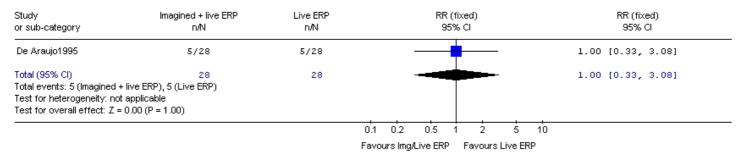


Review: OCD: psychological interventions Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation Outcome 04 Perceived Stress scale SMD (fixed) SMD (fixed) Study Kundalini yoga or sub-category N Mean (SD) N Mean (SD) 95% CI 95% CI Shannahoff-Khalsa99 7 -6.14(5.96) -2.14(5.24)-0.67 [-1.75. 0.42] Total (95% CI) -0.67 [-1.75, 0.42] Test for heterogeneity: not applicable Test for overall effect: Z = 1.20 (P = 0.23) ò Favours K-yoga Favours RR+MM Review: OCD: psychological interventions Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation Outcome 05 Purpose in Life scale SMD (fixed) Kundalini yoda RR+MM SMD (fixed) Study Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI or sub-category Shannahoff-Khalsa99 -10.29(5.91) 1.00(10.91) -1.20 [-2.38, -0.03] Total (95% CI) -1.20 [-2.38] -0.031 Test for heterogeneity: not applicable Test for overall effect: Z = 2.01 (P = 0.04) 0 Favours RR+MM Favours K-yoga Review: OCD: psychological interventions 08 Kundalini yoga v Relaxation response + mindfulness meditation 06 Y-BOCS (PP) Comparison: Outcome Kundalini yoga Study RR+MM SMD (fixed) SMD (fixed) Ν or sub-category Mean (SD) Ν Mean (SD) 95% CI 95% CI Shannahoff-Khalsa99 -9.43(7.21) -2.86(3.13) -1.11 [-2.26, 0.05] Total (95% CI) -1.11 [-2.26, 0.05] Test for heterogeneity; not applicable Test for overall effect: Z = 1.88 (P = 0.06) -10 ń 10 Favours K-yoga Favours RR+MM Review OCD: psychological interventions Comparison: 09 Self-exposure v Partner-assisted exposure Outcome 01 Anxiety/discomfort - Main compulsion (assessor rated) Study Self-controlled exp Partner-assisted exp SMD (fixed) SMD (fixed) or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Emmelkamp 1983 6 5.00(1.99) 6 4.20(1.95) 0.37 [-0.77, 1.52] Total (95% CI) 0.37 [-0.77, 1.52] Test for heterogeneity: not applicable Test for overall effect: Z = 0.64 (P = 0.52) 10 Favours Self-exp Favours Couple-exp OCD: psychological interventions Review: 09 Self-exposure v Partner-assisted exposure Comparison: Outcome 02 Anxiety/discomfort - Other compulsions (assessor rated) SMD (fixed) SMD (fixed) Study Self-controlled exp Partner-assisted exp Ν N 95% CI or sub-category Mean (SD) Mean (SD) 95% CI Emmelkamp 1983 6 3.30(1.25) 6 2.30(1.76) 0.60 [-0.56, 1.77] Total (95% CI) é 0.60 [-0.56, 1.77] Test for heterogeneity: not applicable Test for overall effect: Z = 1.01 (P = 0.31) -10 10 -5 0 Favours Self-exp Favours Couple-exp Review: OCD: psychological interventions Comparison: 09 Self-exposure v Partner-assisted exposure Outcome 03 Maudsley Obsessive-compulsive inventory Self-controlled exp Partner-assisted exp SMD (fixed) SMD (fixed) Study or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CL Emmelkamp 1983 8.00(3.16) 0.00 [-1.13, 1.13] 6 8.00(4.03) 6 Total (95% CI) é 0.00 [-1.13, 1.13] Test for heterogeneity: not applicable Test for overall effect: Z = 0.00 (P = 1.00)-10 -5 Ó 5 10

Favours Self-exp Favours Couple-exp



Review: OCD: psychological interventions
Comparison: 10 Imaginal + live ERP v Live ERP
Outcome: 01 Leaving the study early



Review: OCD: psychological interventions
Comparison: 10 Imaginal + live ERP v Live ERP
Outcome: 02 Relapse (multiple outcomes)

Study or sub-category	lmagined + live ERP n/N	Live ERP n/N	RR (fixed) 95% Cl	RR (fixed) 95% Cl
01 At 20 weeks follow-up				
De Araujo1995	8/28	5/28	- - - - - - - - - - 	1.60 [0.60, 4.29]
Subtotal (95% CI)	28	28		1.60 [0.60, 4.29]
Total events: 8 (Imagined +	live ERP), 5 (Live ERP)			
Test for heterogeneity: not	applicable			
Test for overall effect: Z =	0.93 (P = 0.35)			
02 At 32 weeks follow-up				
De Araujo1995	2/28	4/28		0.50 [0.10, 2.51]
Subtotal (95% CI)	28	28		0.50 [0.10, 2.51]
Total events: 2 (Imagined +	live ERP), 4 (Live ERP)		_	
Test for heterogeneity: not	applicable			
Test for overall effect: Z =	0.84 (P = 0.40)			
			0.1 0.2 0.5 1 2 5	10

Favours Img/Live ERP

Favours Live ERP

Review: OCD: psychological interventions
Comparison: 10 Imaginal + live ERP v Live ERP
Outcome: 03 Y-BOCS obsessions

Study or sub-category	lma N	agined + live ERP Mean (SD)	N	Live ERP Mean (SD)			SMD (fixed) 95% Cl			SMD (fixed) 95% Cl
01 At 9 weeks (post treatment)										
De Araujo1995	23	7.50(3.20)	23	7.90(3.90)						-0.11 [-0.69, 0.47]
Subtotal (95% CI)	23		23				•			-0.11 [-0.69, 0.47]
Test for heterogeneity: not applicab	le						1			
Test for overall effect: $Z = 0.37$ (P =	0.71)									
02 At 20 weeks (post treatment)										
De Araujo1995	23	8.00(4.00)	23	8.80(5.40)						-0.17 [-0.74, 0.41]
Subtotal (95% CI)	23		23				•			-0.17 [-0.74, 0.41]
Test for heterogeneity: not applicab	le						Ī			
Test for overall effect: $Z = 0.56$ (P =										
03 At 32 weeks (post treatment)										
De Araujo1995	20	7.00(2.90)	21	8.00(5.90)						-0.21 [-0.82, 0.40]
Subtotal (95% CI)	20		21				→			-0.21 [-0.82, 0.40]
Test for heterogeneity: not applicab	le						1			
Test for overall effect: $Z = 0.67$ (P =										
					-10	-5	-	5	10	
					Favours	s Img/live	ERP Fav	ours Live I	ERP	

OCD: psychological interventions Review: 10 Imaginal + live ERP v Live ERP 04 Y-BOCS rituals Comparison: Outcome: Live ERP SMD (fixed) SMD (fixed) Study Imagined + live ERP or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI 01 At 9 weeks (post treatment) De Araujo1995 23 6.80(3.60) 23 7.60(4.90) -0.18 [-0.76, 0.40] Subtotal (95% CI) 23 23 -0.18 [-0.76, 0.40] Test for heterogeneity: not applicable Test for overall effect: Z = 0.62 (P = 0.54) 02 At 20 weeks (post treatment) De Araujo1995 20 7.60(4.40) 21 9.00(6.40) -0.25 [-0.86, 0.37] Subtotal (95% CI) -0.25 [-0.86, 0.37] 20 21 Test for heterogeneity: not applicable Test for overall effect: Z = 0.79 (P = 0.43) 03 At 32 weeks (post treatment) De Araujo1995 20 21 -0.33 [-0.95, 0.28] 7.00(3.00) 8.60(5.90) Subtotal (95% CI) -0.33 [-0.95, 0.28] Test for heterogeneity: not applicable Test for overall effect: Z = 1.06 (P = 0.29) Favours Img/live ERP Favours Live ERP OCD: psychological interventions 10 Imaginal + live ERP v Live ERP Review: Comparison: 05 Compulsions checklist Outcome: SMD (fixed) SMD (fixed) Imagined + live ERP Live FRP Study N Ν Mean (SD) 95% CI 95% CI or sub-category Mean (SD) 01 At 9 weeks (post treatment) De Araujo1995 23 2.00(1.60) 23 2.20(1.70) -0.12 [-0.70, 0.46] Subtotal (95% CI) 23 23 -0.12 [-0.70, 0.46] Test for heterogeneity: not applicable Test for overall effect: Z = 0.40 (P = 0.69) 02 At 20 weeks (post treatment) De Araujo1995 20 2.00(1.70) 21 2.20(2.00) -0.11 [-0.72, 0.51] Subtotal (95% CI) -0.11 [-0.72, 0.51] Test for heterogeneity: not applicable Test for overall effect: Z = 0.34 (P = 0.74) 03 At 32 weeks (post treatment) -0.35 [-0.97, 0.27] -0.35 [-0.97, 0.27] De Araujo1995 20 1.90(1.60) 21 2.40(1.20) Subtotal (95% Ch. 21 20 Test for heterogeneity: not applicable Test for overall effect: Z = 1.10 (P = 0.27) -10 -5 10 Ó Favours Img/live ERP Favours Live ERP Review: OCD: psychological interventions Comparison: 10 Imaginal + live ERP v Live ERP Outcome: 06 Beck Depression Inventory

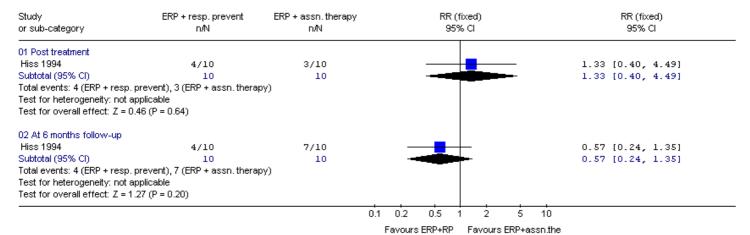
Study or sub-category	lma N	agined + live ERP Mean (SD)	N	Live ERP Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
01 At 9 weeks (post treatme	nt)					
De Araujo1995	23	15.00(13.10)	23	19.00(13.20)	e e e e e e e e e e e e e e e e e e e	-0.30 [-0.88, 0.28]
Subtotal (95% CI)	23		23		T	-0.30 [-0.88, 0.28]
est for heterogeneity; not a	pplicable					
est for overall effect: Z = 1.	01 (P = 0.31)					
02 At 20 weeks (post treatm	ent)					
De Araujo1995	20	14.00(15.20)	21	22.00(19.10)	e e e e e e e e e e e e e e e e e e e	-0.45 [-1.07, 0.17]
Subtotal (95% CI)	20		21		T	-0.45 [-1.07, 0.17]
Test for heterogeneity: not ap	pplicable					
est for overall effect: $Z = 1$.	43 (P = 0.15)					
03 At 32 weeks (post treatm	ent)					
De Araujo1995	20	12.00(14.00)	21	17.00(17.60)	e e e e e e e e e e e e e e e e e e e	-0.31 [-0.92, 0.31]
Subtotal (95% CI)	20		21			-0.31 [-0.92, 0.31]
est for heterogeneity; not a	pplicable					•
est for overall effect: $Z = 0$.	98 (P = 0.33)					

Favours Img/live ERP Favours Live ERP

Review: OCD: psychological interventions

11 ERP + relapse prevention v ERP + associative therapy Comparison:

01 Non-responders (Y-BOCS 50%) Outcome:



Review: OCD: psychological interventions

Comparison: 11 ERP + relapse prevention v ERP + associative therapy

Outcome: 02 Leaving the study early

Study or sub-category	ERP + resp. prevent n/N	ERP + assn. therapy n/N	RR (fixed) 95% Cl	RR (fixed) 95% Cl
Hiss 1994	2/10	0/10	-	- 5.00 [0.27, 92.62]
Total (95% CI) Total events: 2 (ERP + res Test for heterogeneity: no Test for overall effect: Z =	• •	10 py)		- 5.00 [0.27, 92.62]
		0.01	0.1 1 10	100

Favours ERP+RP

Favours ERP+assn.the

Favours ERP+RP Favours ERP+assn.the

OCD: psychological interventions Review: 11 ERP + relapse prevention v ERP + associative therapy

Comparison: Outcome: 03 Y-BOCS

Study	ERI	P + resp. prevent	ER	P + assn. therapy	SMD (fixed)	SMD (fixed)
r sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
11 Post treatment						
Hiss 1994	8	8.75(4.53)	10	9.80(7.24)	<u> </u>	-0.16 [-1.09, 0.77]
Subtotal (95% CI)	8		10		T	-0.16 [-1.09, 0.77]
est for heterogeneity; not ap	plicable					
est for overall effect: $Z = 0.3$	34 (P = 0.73)					
12 At 6-month follow-up						
Hiss 1994	8	8.13(7.10)	10	13.44(8.78)	· ·	-0.63 [-1.58, 0.33]
Subtotal (95% CI)	8		10		∓	-0.63 [-1.58, 0.33]
est for heterogeneity; not ap	plicable					
est for overall effect: $Z = 1.2$	987D = 0.201					

Favours ERP+RP Favours ERP+assn.the Review: OCD: psychological interventions

Comparison: 11 ERP + relapse prevention v ERP + associative therapy Outcome: 04 Obessive-compulsive symptoms (assessor-rated)

Study	ERF	o + resp. prevent	ERI	P + assn. therapy		SMD	(fixed)		SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)		951	% CI		95% CI
01 Post treatment									
Hiss 1994	8	2.75(2.25)	10	5.00(4.57)					-0.57 [-1.53, 0.38]
Subtotal (95% CI)	8		10			_	•		-0.57 [-1.53, 0.38]
Test for heterogeneity: not app	licable								
Test for overall effect: $Z = 1.18$	3 (P = 0.24)								
02 At 6-month follow-up									
Hiss 1994	8	4.50(4.66)	10	11.80(7.55)					-1.08 [-2.09, -0.07]
Subtotal (95% CI)	8		10				ſ		-1.08 [-2.09, -0.07]
Test for heterogeneity: not app	licable						1		
Test for overall effect: Z = 2.09	(P = 0.04)								
					-100	-50	0 50	100	

Review: OCD: psychological interventions

11 ERP + relapse prevention v ERP + associative therapy Comparison:

05 Hamilton Depression Scale Outcome:

Study		P + resp. prevent		+ assn. therapy	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
01 Post treatment						
Hiss 1994	8	7.71(4.92)	10	5.70(3.74)		0.45 [-0.50, 1.39]
Subtotal (95% CI)	8		10		-	0.45 [-0.50, 1.39]
Test for heterogeneity: not applica	able				ľ	
Test for overall effect: $Z = 0.92$ (F	P = 0.36)					
02 At 6-month follow-up						
Hiss 1994	8	3.75(2.38)	10	7.89(7.64)		-0.66 [-1.63, 0.30]
Subtotal (95% CI)	8		10		-	-0.66 [-1.63, 0.30]
est for heterogeneity; not applica	able				1	
Fest for overall effect: $Z = 1.35$ (F	P = 0.18)					
				-10	-5 0 5	10

Favours ERP+RP Favours ERP+assn.the

Favours ERP+RP Favours ERP+assn.the

Review: OCD: psychological interventions

11 ERP + relapse prevention v ERP + associative therapy Comparison:

06 Beck Depression Inventory Outcome:

Study		P + resp. prevent		P + assn. therapy	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
01 Post treatment						
Hiss 1994	8	6.13(5.84)	10	5.56(8.63)	in the second se	0.07 [-0.86, 1.00]
Subtotal (95% CI)	8		10		T	0.07 [-0.86, 1.00]
Test for heterogeneity: not a	pplicable					
Test for overall effect: $Z = 0$.	15 (P = 0.88)					
02 At 6-month follow-up						
Hiss 1994	8	6.33(8.26)	10	10.00(16.10)		-0.26 [-1.20, 0.67]
Subtotal (95% CI)	8		10		T	-0.26 [-1.20, 0.67]
est for heterogeneity: not a	pplicable					
Test for overall effect: $Z = 0$.	55 (P = 0.58)					

Review: OCD: psychological interventions

11 ERP + relapse prevention v ERP + associative therapy 07 State-Trait Anxiety Inventory - State Comparison:

Outcome:

itudy r sub-category	ERI N	P + resp. prevent Mean (SD)	ERF N	o + assn. therapy Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
11 Post treatment						
Hiss 1994	8	42.00(9.78)	10	36.00(13.79)		0.47 [-0.48, 1.41]
Subtotal (95% CI)	8		10		T	0.47 [-0.48, 1.41]
est for heterogeneity; not a	pplicable					·
est for overall effect: Z = 0.	97 (P = 0.33)					
2 At 6-month follow-up						
US 4004	8	34.67(10.23)	10	37.38(10.39)	=	-0.25 [-1.18, 0.68]
MISS 1994						
Hiss 1994 Subtotal (95% CI)	8		10		•	-0.25 [-1.18, 0.68]
			10			-0.25 [-1.18, 0.68]

Favours ERP+RP Favours ERP+assn.the

OCD: psychological interventions 13 BTSTEPS + scheduled support v BTSTEPS + requested support Review: Comparison:

Outcome: 01 Y-BOCS

Study or sub-category	N S	cheduled support Mean (SD)	Re N	equested support Mean (SD)		SMD (fixed 95% CI))	SMD (fixed) 95% CI
Kenwright 2004	20	-6.30(8.92)	16	-2.10(5.12)		-		-0.55 [-1.22, 0.12]
Total (95% CI) Test for heterogeneity: not	20		16			•		-0.55 [-1.22, 0.12]
Test for overall effect: Z =								
					-4	-2 0	2	4

OCD: psychological interventions Review: 13 BTSTEPS + scheduled support v BTSTEPS + requested support

Comparison: 02 Target triggers discomfort Outcome:

Study or sub-category	N S	cheduled support Mean (SD)	Re N	equested support Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
Kenwright 2004	20	-5.90(4.50)	16	-4.70(3.93)	-	0.28 [-0.94, 0.39]
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 0.8			16			-0.28 [-0.94, 0.39]

Favours sched suppor Favours regulsupport

Review: OCD: psychological interventions
Comparison: 13 BTSTEPS + scheduled support v BTSTEPS + requested support
Outcome: 03 Work and Social Adjustment Scale

SMD (fixed) SMD (fixed) Study Scheduled support Requested support or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Kenwright 2004 20 -2.20(10.32) 16 0.80(4.11) -0.36 [-1.02, 0.30] Total (95% CI) 16 -0.36 [-1.02, 0.30] Test for heterogeneity: not applicable
Test for overall effect: Z = 1.06 (P = 0.29) ò

Favours sched suppor Favours requisupport

Favours requisupport

Favours family BT Favours patient BT

Review: OCD: psychological interventions

Comparison: 13 BTSTEPS + scheduled support v BTSTEPS + requested support

Outcome: 04 Leaving the study early

Requested support RR (fixed) RR (fixed) Study Scheduled support 95% CI 95% CI n/N or sub-category n/N Kenwright 2004 3/22 13/22 0.23 [0.08, 0.70] Total (95% CI) 0.23 [0.08, 0.70] 22 Total events: 3 (Scheduled support), 13 (Requested support) Test for heterogeneity: not applicable Test for overall effect: Z = 2.59 (P = 0.009) 100 0.01 0.1

Favours sched suppor

Review: OCD: psychological interventions
Comparison: 14 Family-based BT v Patient-based BT

Outcome: 01 MOCI

Study	F	amily-based BT	P	atient-based BT	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
11 Post-treatment						
Mehta 1990	15	8.00(2.70)	15	10.71(3.20)	=	-0.89 [-1.65, -0.14]
Subtotal (95% CI)	15		15		•	-0.89 [-1.65, -0.14]
est for heterogeneity; not a	pplicable				•	
est for overall effect: Z = 2	.31 (P = 0.02)					
2 Follow-up at 6 months						
Mehta 1990	15	7.20(2.90)	15	12.44(4.10)		-1.44 [-2.25, -0.62]
ubtotal (95% CI)	15		15			-1.44 [-2.25, -0.62]
est for heterogeneity; not a	pplicable					
est for overall effect: $Z = 3$	45 (P = 0.0006)					

Review: OCD: psychological interventions
Comparison: 14 Family-based BT v Patient-based BT
Outcome: 02 Zung Self-rating Depression Scale

Study or sub-category	F N	amily-based BT Mean (SD)	P N	atient-based BT Mean (SD)		SMD (fix 95% 0		SMD (fixed) 95% Cl
01 Post-treatment								
Mehta 1990	15	40.70(4.80)	15	48.20(5.70)				-1.38 [-2.19, -0.58]
Subtotal (95% CI)	15		15			T		-1.38 [-2.19, -0.58]
Test for heterogeneity: not app	olicable					i		
Test for overall effect: $Z = 3.3$	6 (P = 0.0008)							
02 Follow-up at 6 months								
Mehta 1990	15	37.50(4.20)	15	47.00(5.90)				-1.80 [-2.67, -0.94]
Subtotal (95% CI)	15		15			T		-1.80 [-2.67, -0.94]
Fest for heterogeneity: not app	olicable					1		
Test for overall effect: Z = 4.0	8 (P < 0.0001)							
					-100	-50 0	50	100
					Favour	s family BT F	avours patiem	t BT

Review: OCD: psychological interventions
Comparison: 14 Family-based BT v Patient-based BT
Outcome: 03 Social adjustment: Occupation

Study	F	amily-based BT	Pa	atient-based BT	SMD (fixed)	SMD (fixed)	
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI	
01 Post-treatment							
Mehta 1990	15	2.30(0.90)	15	3.10(0.80)	 -	-0.91 [-1.67, -0.16]	
Subtotal (95% CI)	15		15		•	-0.91 [-1.67, -0.16]	
Test for heterogeneity: not a	applicable				-		
Test for overall effect: $Z = 2$	2.37 (P = 0.02)						
02 Follow-up at 6 months							
Mehta 1990	15	1.80(0.60)	15	2.70(0.70)	— —	-1.34 [-2.15, -0.54]	
Subtotal (95% CI)	15		15		•	-1.34 [-2.15, -0.54]	
Test for heterogeneity: not a	applicable				-		
Test for overall effect: $Z = 3$	3.28 (P = 0.001)						

OCD: psychological interventions Favours family BT Favours patient BT

Comparison: 14 Family-based BT v Patient-based BT
Outcome: 04 Social adjustment: family

Review:

Study or sub-category	F N	amily-based BT Mean (SD)	Ps N	atient-based BT Mean (SD)		SMD (fixed) 95% CI	SMD (fixed) 95% Cl
01 Post-treatment							
Mehta 1990	15	2.60(0.70)	15	3.20(0.80)			-0.78 [-1.52, -0.03]
		2.60(0.70)		3.20(0.80)			
Subtotal (95% CI)	15		15				-0.78 [-1.52, -0.03]
Test for heterogeneity: not	applicable						
Test for overall effect: Z = 3	2.04 (P = 0.04)						
02 Follow-up at 6 months							
Mehta 1990	15	1.60(1.10)	15	2.30(0.40)		_	-0.82 [-1.57, -0.07]
Subtotal (95% CI)	15		15			•	-0.82 [-1.57, -0.07]
Test for heterogeneity: not	applicable						
Test for overall effect: Z = :							
					- ;	, , ,	<u> </u>

 Review:
 OCD: psychological interventions

 Comparison:
 14 Family-based BT v Patient-based BT

 Outcome:
 05 Social adjustment: household responsibilities

N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
				35 % 3.	33 % CI
15	2.20(1.00)	15	2.80(1.10)	- -	-0.56 [-1.29, 0.18]
15		15		-	-0.56 [-1.29, 0.18]
cable				-	
(P = 0.14)					
15	1.80(1.00)	15	2.30(0.90)	- 	-0.51 [-1.24, 0.22]
15		15		-	-0.51 [-1.24, 0.22]
cable					
(P = 0.17)					
(15 cable (P = 0.14)	15 cable (P = 0.14) 15 1.80(1.00) 15 cable	15 15 25 25 25 25 25 25 25 25 25 25 25 25 25	15	15

Review: OCD: psychological interventions
Comparison: 14 Family-based BT v Patient-based BT
Outcome: 06 Social adjustment: leisure-time activities

Study	F	amily-based BT	Pa	atient-based BT	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
01 Post-treatment						
Mehta 1990	15	1.90(0.60)	15	2.10(0.60)	-	-0.32 [-1.05, 0.40]
Subtotal (95% CI)	15		15			-0.32 [-1.05, 0.40]
est for heterogeneity: not appli	icable				-	
est for overall effect: Z = 0.88	(P = 0.38)					
2 Follow-up at 6 months						
Mehta 1990	15	1.60(0.60)	15	2.00(0.50)		-0.70 [-1.45, 0.04]
Subtotal (95% CI)	15		15		-	-0.70 [-1.45, 0.04]
est for heterogeneity: not appli	icable				-	
est for overall effect: Z = 1.86	(P = 0.06)					
					-2 0 2	1

Favours family BT Favours patient BT

Favours family BT Favours patient BT

Review: OCD: psychological interventions Comparison: 17 Children: Individual CBFT v Group CBFT Outcome 01 CY-BOCS SMD (fixed) SMD (fixed) Study Individual CBFT Group CBFT or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 8.36(6.93) 8.28(7.33) 0.01 [-0.54, 0.57] 22 29 Total (95% CI) 0.01 [-0.54, 0.57] Test for heterogeneity: not applicable Test for overall effect: Z = 0.04 (P = 0.97) -10 -5 ò 10 Favours Ind-CBFT Favours Group-CBFT Review: OCD: psychological interventions Comparison: 17 Children: Individual CBFT v Group CBFT Outcome 02 NIMH-GOCS Group CBFT SMD (fixed) SMD (fixed) Individual CBFT Study N Ν Mean (SD) 95% CI 95% CI or sub-category Mean (SD) Barrett 2004 3.50(2.30) 29 3.31(2.16) 0.08 [-0.46, 0.63] Total (95% CI) 29 0.08 [-0.46, 0.63] Test for heterogeneity: not applicable Test for overall effect: Z = 0.30 (P = 0.76) -10 -5 10 0 Favours Ind-CBFT Favours Group-CBFT Review: OCD: psychological interventions 17 Children: Individual CBFT v Group CBFT Comparison: 03 Multidimensional Anxiety Scale for Children Outcome Study Individual CBFT Group CBFT SMD (fixed) SMD (fixed) or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 19 50.37(15.31) 23 39.09(18.00) 0.66 [0.03, 1.28] Total (95% CI) 19 23 0.66 [0.03, 1.28] Test for heterogeneity; not applicable Test for overall effect: Z = 2.06 (P = 0.04) -10 -5 ń 10 Favours Ind-CBFT Favours Group-CBFT Review: OCD: psychological interventions Comparison: 17 Children: Individual CBFT v Group CBFT Outcome 04 Children's Depression Inventory Individual CBFT Group CBFT SMD (fixed) SMD (fixed) Study or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 19 6.26(6.59) 23 3.35(4.82) 0.50 [-0.12, 1.12] Total (95% CI) 19 23 0.50 [-0.12, 1.12] Test for heterogeneity: not applicable Test for overall effect: Z = 1.59 (P = 0.11) 10 Favours Ind-CBFT Favours Group-CBFT OCD: psychological interventions Review: 17 Children: Individual CBFT v Group CBFT Comparison: 05 McMaster Family Assessment Device - Mother's rating Outcome Individual CBFT Group CBFT SMD (fixed) SMD (fixed) Study Ν Ν 95% CI or sub-category Mean (SD) 95% CI Mean (SD) Barrett 2004 18 2.16(0.30) 26 2.16(0.39) 0.00 [-0.60, 0.60] Total (95% CI) 26 0.00 [-0.60, 0.60] 18 Test for heterogeneity: not applicable Test for overall effect: Z = 0.00 (P = 1.00) -10 10 -5 0 Favours Ind-CBFT Favours Group-CBFT Review: OCD: psychological interventions Comparison: 17 Children: Individual CBFT v Group CBFT Outcome 06 McMaster Family Assessment Device - Father's rating Individual CBFT Group CBFT SMD (fixed) SMD (fixed) Study or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 9 2.12(0.37) 2.13(0.45) -0.02 [-0.87, 0.83] 13 Total (95% CI) 13 -0.02 [-0.87, 0.83] Test for heterogeneity; not applicable Test for overall effect: Z = 0.05 (P = 0.96) -10 -5 Ó 5 10

Favours Ind-CBFT Favours Group-CBFT

Review: OCD: psychological interventions Comparison: 17 Children: Individual CBFT v Group CBFT Outcome 07 Depression Anxiety Stress Scale: Mother depression SMD (fixed) SMD (fixed) Study Individual CBFT Group CBFT or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 18 4.44(6.12) 5.33(7.23) -0.13 [-0.73, 0.47] 27 Total (95% CI) -0.13 [-0.73, 0.47] Test for heterogeneity: not applicable Test for overall effect: Z = 0.42 (P = 0.67) -10 ò 10 . 5 Favours Ind-CBFT Favours Group-CBFT Review: OCD: psychological interventions Comparison: 17 Children: Individual CBFT v Group CBFT Outcome 08 Depression Anxiety Stress Scale: Mother anxiety Group CBFT SMD (fixed) SMD (fixed) Individual CBFT Study Ν Ν Mean (SD) 95% CI 95% CI or sub-category Mean (SD) Barrett 2004 18 2.83(4.20) 27 4.30(7.10) -0.24 [-0.83, 0.36] Total (95% CI) 27 -0.24 [-0.83, 0.36] 18 Test for heterogeneity: not applicable Test for overall effect: Z = 0.77 (P = 0.44) -10 -5 10 0 Favours Ind-CBFT Favours Group-CBFT Review: OCD: psychological interventions 17 Children: Individual CRET v Group CRET Comparison: 09 Depression Anxiety Stress Scale: Mother stress Outcome Study Individual CBFT Group CBFT SMD (fixed) SMD (fixed) Ν or sub-category Ν Mean (SD) Mean (SD) 95% CI 95% CI Barrett 2004 18 10.06(7.67) 27 8.85(9.00) 0.14 [-0.46, 0.74] Total (95% CI) 18 27 0.14 [-0.46, 0.74] Test for heterogeneity; not applicable Test for overall effect: Z = 0.46 (P = 0.65) -10 ń 10 Favours Ind-CBFT Favours Group-CBFT Review: OCD: psychological interventions Comparison: 17 Children: Individual CBFT v Group CBFT Outcome 10 Depression Anxiety Stress Scale: Father depression Individual CBFT Group CBFT SMD (fixed) SMD (fixed) Study or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 11 5.55(6.77) 14 3.14(4.94) 0.40 [-0.40, 1.20] Total (95% CI) 0.40 [-0.40, 1.20] Test for heterogeneity: not applicable Test for overall effect: Z = 0.98 (P = 0.32) 10 Favours Ind-CBFT Favours Group-CBFT OCD: psychological interventions Review: 17 Children: Individual CBFT v Group CBFT Comparison: 11 Depression Anxiety Stress Scale: Father anxiety Outcome Individual CBFT Group CBFT SMD (fixed) SMD (fixed) Study Ν Ν 95% CI or sub-category Mean (SD) 95% CI Mean (SD) Barrett 2004 11 4.82(7.44) 14 3.36(4.36) 0.24 [-0.55, 1.03] Total (95% CI) 14 0.24 [-0.55, 1.03] Test for heterogeneity: not applicable Test for overall effect: Z = 0.59 (P = 0.55) -10 10 -5 0 Favours Ind-CBFT Favours Group-CBFT Review: OCD: psychological interventions Comparison: 17 Children: Individual CBFT v Group CBFT Outcome 12 Depression Anxiety Stress Scale: Father stress Individual CBFT Group CBFT SMD (fixed) SMD (fixed) Study or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Barrett 2004 11.64(9.83) 7.43(6.77) 0.49 [-0.31, 1.30] 11 14 Total (95% CI) 14 0.49 [-0.31, 1.30] Test for heterogeneity: not applicable Test for overall effect: Z = 1.20 (P = 0.23)

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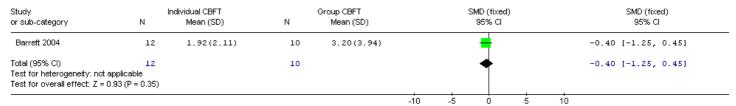
Favours Ind-CBFT Favours Group-CBFT

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OCD: psychological interventions Review:

Comparison: 17 Children: Individual CBFT v Group CBFT Outcome: 13 Children's Depression Inventory: sibling's rating



Favours Ind-CBFT Favours Group-CBFT

Favours Ind-CBFT Favours Group-CBFT

Review: OCD: psychological interventions

Comparison: 17 Children: Individual CBFT v Group CBFT

Outcome: 14 Multidimensional Anxiety Scale for Children - sibling's ratings

Study or sub-category	N	Individual CBFT Mean (SD)	N	Group CBFT Mean (SD)		(fixed) % Cl	SMD (fixed) 95% Cl
Barrett 2004	13	34.08(11.30)	10	30.50(10.16)	-	=	0.32 [-0.51, 1.15]
Total (95% CI) Test for heterogeneity: not app Test for overall effect: Z = 0.7			10		•	+	0.32 [-0.51, 1.15]

Review: OCD: psychological interventions 17 Children: Individual CBFT v Group CBFT Comparison: 15 Sibling Accomodation Scale Outcome:

Study Individual CBFT Group CBFT SMD (fixed) SMD (fixed) Ν Ν Mean (SD) 95% CI 95% CI or sub-category Mean (SD) Barrett 2004 6.11(5.01) 6.30(5.46) 10 -0.03 [-0.94, 0.87] Total (95% CI) 10 -0.03 [-0.94, 0.87] Test for heterogeneity: not applicable Test for overall effect: Z = 0.08 (P = 0.94) -10 10 Favours Ind-CBFT Favours Group-CBFT

Psychological vs. Control (BDD)

BDD: psychological interventions

Comparison: 01 CBT v No treatment/wait-list control

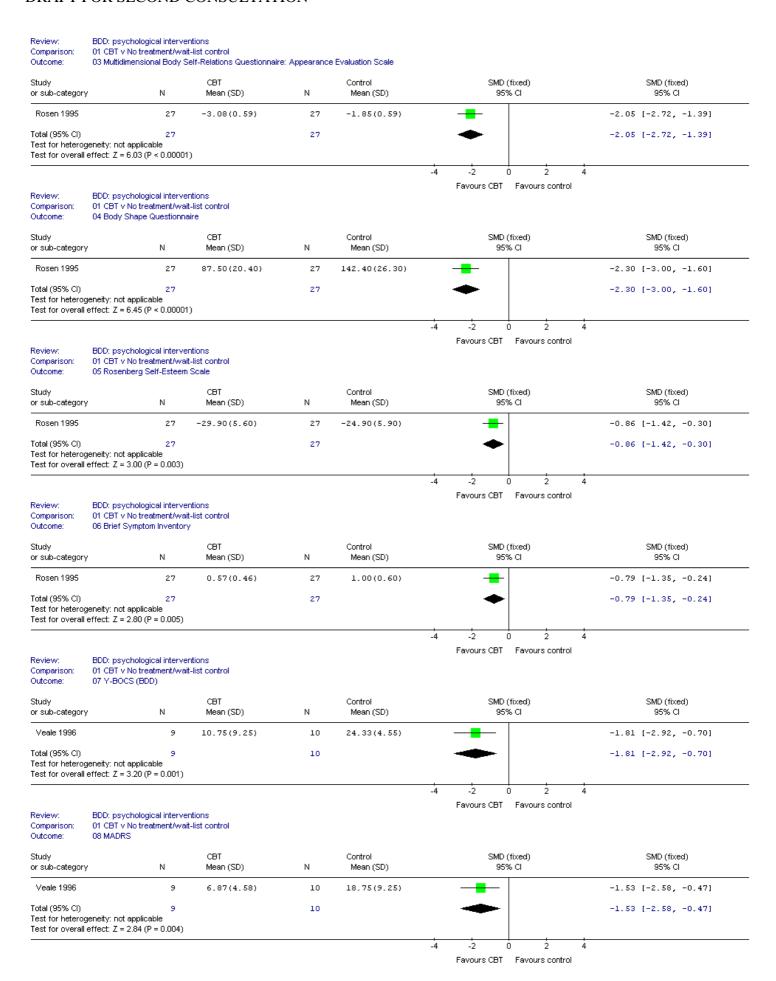
Outcome: 01 Non-responders

Study or sub-category	CBT n/N	Control n/N	RR (fixed) 95% Cl	RR (fixed) 95% Cl
Rosen 1995	5/27	25/27	-	0.20 [0.09, 0.44]
Total (95% CI) Total events: 5 (CBT), 25 (Co Test for heterogeneity: not a Test for overall effect: Z = 3	pplicable	27	•	0.20 [0.09, 0.44]
		0.	01 0.1 1	10 100

Favours CBT Favours control

BDD: psychological interventions Review: Comparison: 01 CBT v No treatment/wait-list control Outcome 02 Body Dysmorphic Disorder Examination

Study or sub-category	N	CBT Mean (SD)	N	Control Mean (SD)		S	SMD (fixed 95% CI)		SMD (fixed) 95% Cl
Rosen 1995	27	41.10(16.90)	27	83.20(19.70)	_	_				-2.26 [-2.95, -1.57]
Veale 1996	9	42.37(25.20)	10	95.50(11.41)	-	-				-2.65 [-3.95, -1.34]
Total (95% CI)	36		37		-	•				-2.35 [-2.96, -1.73]
Test for heterogeneity: Ch Test for overall effect: Z =		* *								
					-4	-2	- 6	2	4	
						Favours (CBT Fav	ours conti	rol	



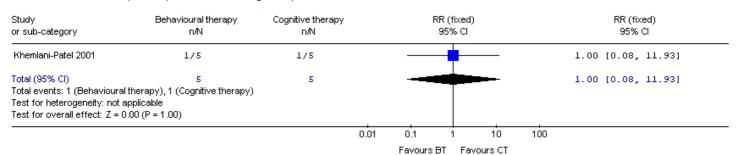
Review: BDD: psychological interventions Comparison: 01 CBT v No treatment/wait-list control Outcome 09 Hospital Anxiety SMD (fixed) SMD (fixed) Study CBT Control or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Veale 1996 9 7.85(4.48) 10 8.45(5.24) -0.12 [-1.02. 0.78] Total (95% CI) 10 -0.12 [-1.02, 0.78] Test for heterogeneity: not applicable Test for overall effect: Z = 0.25 (P = 0.80) ò Favours CBT Favours control Review: BDD: psychological interventions 01 CBT v No treatment/wait-list control Comparison: Outcome 10 Hospital Depression SMD (fixed) Study CBT Control SMD (fixed) Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI or sub-category Veale 1996 9 3.57(2.22) 10 8.00(2.82) -1.66 [-2.73, -0.58] Total (95% CI) 10 -1.66 [-2.73] -0.581 Test for heterogeneity: not applicable Test for overall effect: Z = 3.01 (P = 0.003) Ó Favours CBT Favours control Review: BDD: psychological interventions Comparison: 01 CBT v No treatment/wait-list control Outcome: 11 Derriford Scale Study CBT Control SMD (fixed) SMD (fixed) Ν Mean (SD) Ν or sub-category Mean (SD) 95% CI 95% CI Veale 1996 9 58.85(10.43) 10 99.33(16.95) -2.71 [-4.03, -1.39] Total (95% CI) 10 -2.71 [-4.03, -1.39] Test for heterogeneity; not applicable Test for overall effect: Z = 4.02 (P < 0.0001)-10 Ó 10 Favours CBT Favours control BDD: psychological interventions Review: Comparison: 01 CBT v No treatment/wait-list control Outcome 12 Social Phobia SMD (fixed) SMD (fixed) Study CBT Control or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI

Veale 1996 9 55.16 (19.08) 10 105.44 (29.86) -1.89 [-3.02, -0.77] Total (95% Cl) 9 10 -1.89 [-3.02, -0.77] Test for heterogeneity: not applicable Test for overall effect: Z = 3.30 (P = 0.0010) Favours CBT Favours control

Psychological vs. Psychological (BDD)

Review: BDD: psychological interventions Comparison: 02 BT v CT (mid-treatment)

Outcome: 01 Non-responders (Y-BOCS reliable change index)



Review: BDD: psychological interventions Comparison: 02 BT v CT (mid-treatment) 02 Y-BOCS (BDD) Outcome SMD (fixed) SMD (fixed) Study Behaviour therapy Cognitive therapy or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Khemlani-Patel 2001 5 22.40(6.39) 5 17.40(2.97) 0.91 [-0.43, 2.25] Total (95% CI) 0.91 [-0.43, 2.25] Test for heterogeneity: not applicable Test for overall effect: Z = 1.33 (P = 0.19) -2 ò Favours BT Favours CT Review: BDD: psychological interventions 02 BT v CT (mid-treatment) Comparison: Outcome 03 BDD Examination SMD (fixed) SMD (fixed) Study Behaviour therapy Cognitive therapy Ν Mean (SD) Ν 95% CI 95% CI or sub-category Mean (SD) Khemlani-Patel 2001 5 76.60(21.58) 49.40(20.31) 1.17 [-0.23, 2.58] Total (95% CI) 1.17 [-0.23, 2.58] Test for heterogeneity: not applicable Test for overall effect: Z = 1.64 (P = 0.10) -2 0 Favours BT Favours CT Review: BDD: psychological interventions Comparison: 02 BT v CT (mid-treatment) 04 Defects Related Beliefs Test Outcome Study Behaviour therapy Cognitive therapy SMD (fixed) SMD (fixed) Ν or sub-category Mean (SD) Ν Mean (SD) 95% CI 95% CI Khemlani-Patel 2001 5 35.80(9.91) 29.40(6.43) 0.69 [-0.61, 1.99] Total (95% CI) 5 0.69 [-0.61, 1.99] Test for heterogeneity; not applicable Test for overall effect: Z = 1.04 (P = 0.30) -4 -2 ń Favours BT Favours CT BDD: psychological interventions Review: Comparison: 02 BT v CT (mid-treatment) Outcome 05 Beck Anxiety Inventory SMD (fixed) Study Behaviour therapy Cognitive therapy SMD (fixed) or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Khemlani-Patel 2001 5 17.20(10.55) 5 11.20(5.22) 0.65 [-0.64, 1.94] Total (95% CI) 0.65 [-0.64, 1.94] Test for heterogeneity: not applicable Test for overall effect: Z = 0.99 (P = 0.32) Favours BT Favours CT BDD: psychological interventions Review: 02 BT v CT (mid-treatment) Comparison: Outcome 06 Beck Depression Inventory SMD (fixed) SMD (fixed) Study Behaviour therapy Cognitive therapy Ν Ν 95% CI or sub-category Mean (SD) 95% CI Mean (SD) Khemlani-Patel 2001 5 18.00(11.45) 15.20(10.83) 0.23 [-1.02, 1.47] Total (95% CI) 0.23 [-1.02. 1.47] Test for heterogeneity: not applicable Test for overall effect: Z = 0.36 (P = 0.72) 0 Favours BT Favours CT Review: BDD: psychological interventions Comparison: 02 BT v CT (mid-treatment) Outcome 07 Body Satisfaction Scale Cognitive therapy Study Behaviour therapy SMD (fixed) SMD (fixed) or sub-category Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI Khemlani-Patel 2001 54.60(19.11) 49.20(18.58) 0.26 [-0.99, 1.51] 5 5 Total (95% CI) 5 0.26 [-0.99, 1.51] Test for heterogeneity: not applicable Test for overall effect: Z = 0.41 (P = 0.68) _4 -2 Ò ż à

Favours BT Favours CT

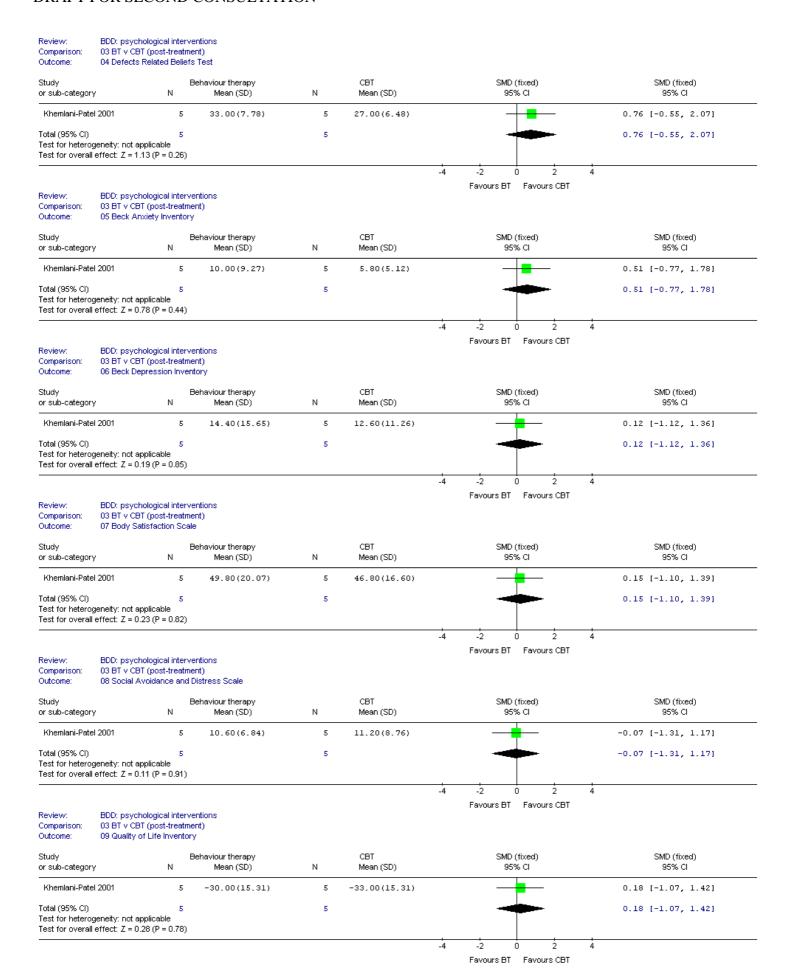
BDD: psychological interventions Review: Comparison: 02 BT v CT (mid-treatment) Outcome 08 Social Avoidance and Distress Scale SMD (fixed) SMD (fixed) Study Cognitive therapy or sub-category N Mean (SD) Ν Mean (SD) 95% CI 95% CI Khemlani-Patel 2001 5 14.20(5.85) 5 12.80(10.33) 0.15 [-1.09, 1.39] Total (95% CI) 0.15 [-1.09, 1.39] Test for heterogeneity: not applicable Test for overall effect: Z = 0.24 (P = 0.81) -2 ò Favours BT Favours CT BDD: psychological interventions Review: Comparison: 02 BT v CT (mid-treatment) Outcome 09 Quality of Life Inventory SMD (fixed) SMD (fixed) Study Cognitive therapy Behaviour therapy Ν Mean (SD) Ν Mean (SD) 95% CI 95% CI or sub-category Khemlani-Patel 2001 5 -30.31(16.56) -27.81(16.56) -0.14 [-1.38, 1.11] Total (95% CI) -0.14 [-1.38, 1.11] Test for heterogeneity: not applicable Test for overall effect: Z = 0.22 (P = 0.83) Ó Favours BT Favours CT BDD: psychological interventions 03 BT v CBT (post-treatment) Comparison: 01 Non-responders (Y-BOCS reliable change index) Outcome: Study Behavioural therapy CBT RR (fixed) RR (fixed) or sub-category nΝ n/Ν 95% CI 95% CI Khemlani-Patel 2001 1/5 0/5 3.00 [0.15, 59.89] Total (95% CI) 3.00 [0.15, 59.89] 5 5 Total events: 1 (Behavioural therapy), 0 (CBT) Test for heterogeneity: not applicable Test for overall effect: Z = 0.72 (P = 0.47) 0.01 0.1 10 100 Favours BT Favours CBT BDD: psychological interventions Review: Comparison: 03 BT v CBT (post-treatment) Outcome 02 Y-BOCS (BDD)

Study or sub-category	N B	ehaviour therapy Mean (SD)	N	CBT Mean (SD)			MD (fixed) 95% Cl			SMD (fixed) 95% Cl
Khemlani-Patel 2001	5	18.20(8.53)	5	14.20(6.26)			-	_		0.48 [-0.79, 1.75]
Total (95% CI) Test for heterogeneity: not ap Test for overall effect: Z = 0.			5		,	,	-	-		0.48 [-0.79, 1.75]
					-4	-2	ó	2	4	

Favours BT Favours CBT

Review: BDD: psychological interventions
Comparison: 03 BT v CBT (post-treatment)
Outcome: 03 BDD Examination

Study or sub-category	B N	ehaviour therapy Mean (SD)	N	CBT Mean (SD)		S	SMD (fixed 95% CI)		SMD (fixed) 95% Cl
Khemlani-Patel 2001	5	63.80(15.01)	5	37.60(22.07)			-			1.25 [-0.17, 2.68]
Total (95% CI) Test for heterogeneity: not ap	5 oplicable		5							1.25 [-0.17, 2.68]
Test for overall effect: $Z = 1$.	72 (P = 0.08)									
					-4	-2	ö	2	4	
						Favours	BT Fav	ours CBT		



Treatment Intensity Review

Review: Comparison: Outcome: OCD psychological intensity review 02 Before-after analysis 01 Change from baseline to endpoint

Study or sub-category	N	End of treatment Mean (SD)	N E	Before treatment Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
Sub-category	14	mean (SD)	14	Medit (3D)	3376 CI	33,84
1 All						
Bouvard 2002	19	16.94(9.22)	19	27.55(7.15)		-1.26 [-1.96, -0.56]
Chambless 1999	49	3.42(1.75)	49	6.68(1.04)	+	-2.25 [-2.76, -1.74]
Cordioli 2003	23	15.10(7.80)	23	26.70(4.90)		-1.75 [-2.44, -1.06]
De Araujo 1995_Ex	23	7.90(3.90)	23	14.10(2.70)		-1.82 [-2.51, -1.12]
De Araujo 1995_Exi	23	7.50(3.20)	23	13.80(2.10)	-	-2.29 [-3.04, -1.53]
Emmelkamp 1983_coupl	6	8.00(3.15)	6	16.20(3.15)		-2.40 [-4.03, -0.77]
Emmelkamp 1983_patie	6	8.00(4.02)	6	16.50(4.02)		-1.95 [-3.43, -0.47]
Emmelkamp 1988_BT	9	12.60(5.40)	9	15.60(4.00)		-0.60 [-1.55, 0.35]
Emmelkamp 1988_CT	9	11.30(1.70)	9	15.60(2.90)		-1.72 [-2.85, -0.60]
Emmelkamp1991_BT	11	11.70(6.10)	11	15.90(4.60)		-0.75 [-1.62, 0.12]
Emmelkamp1991_CT	10	9.60(6.90)	10	15.80(6.70)		-0.87 [-1.80, 0.05]
Enright 1991	24	12.96(6.03)	24	15.46(5.12)		-0.44 [-1.01, 0.13]
Foa 1984_ERP	11	2.55(2.30)	11	6.73(1.21)		-2.19 [-3.29, -1.09]
Foa 1984_Ex	12	4.00(1.99)	12	6.67(1.09)		-1.61 [-2.55, -0.66]
Foa 1984 RP	9	4.33(1.60)	9	6.61(0.78)		-1.73 [-2.85, -0.60]
Foa 1985_Exi	10	5.00(1.27)	10	6.55(0.64)		-1.48 [-2.49, -0.46]
Foa 1985 Exv	9	5.44(1.33)	9	6.44(0.88)		-0.84 [-1.82, 0.13]
Foa 2004	21	11.00(7.90)	29	24.60(4.80)	-	-2.13 [-2.84, -1.42]
Freeston1997	15	12.20(9.60)	15	25.10(5.00)		-1.64 [-2.48, -0.80]
Fritzler 1997	9	17.11(8.91)	9	22.90(7.27)		-0.68 [-1.64, 0.28]
Greist 2002 clinicBT	55	17.60(6.20)	55	25.20(4.60)	-	-1.38 [-1.80, -0.97]
Hiss 1994 associatio	10	9.60(9.60)	10	23.90(7.31)	-	-1.61 [-2.64, -0.57]
Hiss 1994 relapse	8	7.88(2.95)	8	23.13(5.41)		-3.31 [-4.95, -1.66]
Hughes 2004	21	16.50(6.00)	24	22.90(4.40)	-	-1.21 [-1.85, -0.57]
Lindsay 1997	9	11.00(3.81)	9	28.70(4.56)		-4.01 [-5.76, -2.26]
Lovell 1994	6	3.80(2.20)	6	7.20(0.80)	_ _	-1.90 [-3.36, -0.43]
McKay 1996	21	15.00(8.29)	21	30.19(3.68)		-2.32 [-3.12, -1.52]
McLean 2001 BT	40	16.40(9.28)	40	23.28(5.29)	-	-0.90 [-1.36, -0.44]
McLean 2001 CT	33	16.52(6.93)	33	22.00(5.89)	-	-0.84 [-1.35, -0.34]
Neziroalu 2001	20	10.60(3.60)	20	14.50(3.30)	<u>-</u>	-1.11 [-1.78, -0.44]
O'Connor 1999	6	13.30(8.60)	6	23.50(4.00)		-1.40 [-2.73, -0.08]
Rosavist 2001	11	16.91(5.86)	11	22.46(5.20)		-0.96 [-1.86, -0.07]
Rothbaum 2000	39	14.61(9.47)	39	24.66(5.59)	<u>-</u>	-1.28 [-1.77, -0.79]
Saxena 2002	170	15.60(5.40)	170	29.00(4.40)		-2.71 [-3.01, -2.42]
Taylor 2003 Del	15	6.60(2.90)	15	8.30(3.20)		-0.54 [-1.27, 0.19]
Taylor 2003_Bon	11	6.10(3.60)	11	9.70(4.00)	_	-0.91 [-1.80, -0.02]
Van Noppen1997 GBT	17	16.60(7.20)	17	23.90(7.20)	-	-0.99 [-1.71, -0.27]
Van Noppen1997 MFBT	19		19		<u>-</u>	
Van Oppen 1995_BT	29	15.60(6.50)	29	23.90(5.40)	-	-1.36 [-2.07, -0.65]
Van Oppen 1995_61 Van Oppen 1995_CT	29	17.30(8.30)		25.40(7.00)		-1.04 [-1.59, -0.49]
		13.30(8.50)	28	24.10(5.50)		-1.49 [-2.08, -0.89]
VanNoppen 1998	73	16.60(6.10)	73	21.80(5.60)	<u>-</u>	-0.88 [-1.22, -0.54]
Vogel 2004_BT	19	16.10(7.30)	19	23.70(3.20)	-	-1.32 [-2.03, -0.61]
Vogel 2004_CBT	16	16.70(7.20)	16	24.90(2.90)	-	-1.46 [-2.25, -0.67]
Whittal2004_BT	37	13.57(9.27)	37	22.38(5.77)	_ -	-1.13 [-1.62, -0.64]
Whittal2004_CT	34	11.94(8.21)	34	23.56(4.08)	-	-1.77 [-2.34, -1.21]
Subtotal (95% CI)	1055	4 /D . O 0000011 /D . T . T .	1066		!	-1.46 [-1.56, -1.36]
est for heterogeneity: Chi² = 1			•			
est for overall effect: $Z = 28.9$	99 (P < 0.000)	ע ויט				

OCD psychological intensity review 02 Before-after analysis Review:

Comparison:

02 Change from baseline to endpoint: low intensity

Study	E	End of treatment	Е	Before treatment	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
Cordioli 2003	23	15.10(7.80)	23	26.70(4.90)	+	-1.75 [-2.44, -1.06]
Emmelkamp 1983_coupl	6	8.00(3.15)	6	16.20(3.15)		-2.40 [-4.03, -0.77]
Emmelkamp 1983_patie	6	8.00(4.02)	6	16.50(4.02)		-1.95 [-3.43, -0.47]
Enright 1991	24	12.96(6.03)	24	15.46(5.12)		-0.44 [-1.01, 0.13]
Fritzler 1997	9	17.11(8.91)	9	22.90(7.27)	-=	-0.68 [-1.64, 0.28]
Hughes 2004	21	16.50(6.00)	24	22.90(4.40)	-	-1.21 [-1.85, -0.57]
McLean 2001_BT	40	16.40(9.28)	40	23.28(5.29)	-	-0.90 [-1.36, -0.44]
McLean 2001_CT	33	16.52(6.93)	33	22.00(5.89)	-	-0.84 [-1.35, -0.34]
Taylor 2003_Del	15	6.60(2.90)	15	8.30(3.20)		-0.54 [-1.27, 0.19]
Taylor 2003_lmm	11	6.10(3.60)	11	9.70(4.00)	-	-0.91 [-1.80, -0.02]
VanNoppen 1998	73	16.60(6.10)	73	21.80(5.60)	-	-0.88 [-1.22, -0.54]
Total (95% CI)	261		264		•	-0.93 [-1.11, -0.75]
Test for heterogeneity: Chi ² = 1	15.51, df = 10	(P = 0.11), I ² = 35.5%			.	·
Test for overall effect: Z = 9.9	18 (P < 0.00001)				
					-10 -5 0 5	10
					Favours treatment Doesn't fa	avour treat

Favours treatment Doesn't favour treat

Review: OCD psychological intensity review

Comparison: 02 Before-after analysis

Outcome: 03 Change from baseline to endpoint: medium intensity

ean(SD) N .94(9.22) 19 .42(1.75) 49 .90(3.90) 23 .50(3.20) 23 .60(5.40) 9 .70(6.10) 11	6.68(1.04) 14.10(2.70) 13.80(2.10) 15.60(4.00)	95% CI	95% CI -1.26 [-1.96, -0.56] -2.25 [-2.76, -1.74] -1.82 [-2.51, -1.12] -2.29 [-3.04, -1.53]
.42(1.75) 49 .90(3.90) 23 .50(3.20) 23 .60(5.40) 9 .30(1.70) 9 .70(6.10) 11	6.68(1.04) 14.10(2.70) 13.80(2.10) 15.60(4.00)	-	-2.25 [-2.76, -1.74] -1.82 [-2.51, -1.12]
.90(3.90) 23 .50(3.20) 23 .60(5.40) 9 .30(1.70) 9 .70(6.10) 11	14.10(2.70) 13.80(2.10) 15.60(4.00)	_	-1.82 [-2.51, -1.12]
.50(3.20) 23 .60(5.40) 9 .30(1.70) 9 .70(6.10) 11	13.80(2.10) 15.60(4.00)	<u>+</u> _	•
.60(5.40) 9 .30(1.70) 9 .70(6.10) 11	15.60(4.00)	+ _	-2.29 [-3.04, -1.53]
.30(1.70) 9 .70(6.10) 11			
.70(6.10) 11	15 60/2 90\		-0.60 [-1.55, 0.35]
	10.00(2.70)	-	-1.72 [-2.85, -0.60]
	15.90(4.60)		-0.75 [-1.62, 0.12]
.60(6.90) 10	15.80(6.70)		-0.87 [-1.80, 0.05]
.60(6.20) 55	25.20(4.60)	-	-1.38 [-1.80, -0.97]
.60(9.60) 10	23.90(7.31)	-	-1.61 [-2.64, -0.57]
.88(2.95) 8	23.13(5.41)		-3.31 [-4.95, -1.66]
.00(3.81) 9	28.70(4.56)		-4.01 [-5.76, -2.26]
.30(8.60) 6	23.50(4.00)	-	-1.40 [-2.73, -0.08]
.61(9.47) 39	24.66(5.59)	-	-1.28 [-1.77, -0.79]
.60(7.20) 17	23.90(7.20)	-	-0.99 [-1.71, -0.27]
.60(6.50) 19	23.90(5.40)	-	-1.36 [-2.07, -0.65]
.30(8.30) 29	25.40(7.00)	-	-1.04 [-1.59, -0.49]
.30(8.50) 28	24.10(5.50)	-	-1.49 [-2.08, -0.89]
.10(7.30) 19	23.70(3.20)	-	-1.32 [-2.03, -0.61]
.70(7.20) 16	24.90(2.90)	-	-1.46 [-2.25, -0.67]
.57(9.27) 37	22.38(5.77)	-	-1.13 [-1.62, -0.64]
.94(8.21) 34	23.56(4.08)	-	-1.77 [-2.34, -1.21]
479		•	-1.46 [-1.60, -1.31]
- 1	57(9.27) 37 94(8.21) 34	57(9.27) 37 22.38(5.77) 94(8.21) 34 23.56(4.08) 479	57(9.27) 37 22.38(5.77) + 94(8.21) 34 23.56(4.08) +

Review: OCD psychological intensity review

Comparison: 02 Before-after analysis

Outcome: 04 Change from baseline to endpoint: high intensity

Study	E	End of treatment		Before treatment	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
Foa 1984_ERP	11	2.55(2.30)	11	6.73(1.21)	-	-2.19 [-3.29, -1.09]
Foa 1984_Ex	12	4.00(1.99)	12	6.67(1.09)		-1.61 [-2.55, -0.66]
Foa 1984_RP	9	4.33(1.60)	9	6.61(0.78)		-1.73 [-2.85, -0.60]
Foa 1985_Exi	10	5.00(1.27)	10	6.55(0.64)	-	-1.48 [-2.49, -0.46]
Foa 1985_Exv	9	5.44(1.33)	9	6.44(0.88)	 	-0.84 [-1.82, 0.13]
Foa 2004	21	11.00(7.90)	29	24.60(4.80)	-	-2.13 [-2.84, -1.42]
Freeston1997	15	12.20(9.60)	15	25.10(5.00)	-	-1.64 [-2.48, -0.80]
McKay 1996	21	15.00(8.29)	21	30.19(3.68)	-	-2.32 [-3.12, -1.52]
Neziroglu 2001	20	10.60(3.60)	20	14.50(3.30)	-	-1.11 [-1.78, -0.44]
Rosqvist 2001	11	16.91(5.86)	11	22.46(5.20)	-	-0.96 [-1.86, -0.07]
Total (95% CI)	139		147		•	-1.60 [-1.88, -1.33]
Test for heterogeneity: Ch	i ^z = 12.85, df = 9 (P = 0.17), I ² = 30.0%			,	
Test for overall effect: Z =	: 11.41 (P < 0.0000	01)				
					-10 -5 0 5	10

Favours treatment Doesn't favour treat

Favours treatment Doesn't favour treat

OCD psychological intensity review 02 Before-after analysis Review:

Comparison:

Outcome: 05 Change from baseline to endpoint: low intensity (Sensitivity Analysis - excluding Hughes2004)

Study	E	End of treatment	E	Before treatment	SMD (fixed)	SMD (fixed)
or sub-category	Ν	Mean (SD)	N	Mean (SD)	95% CI	95% CI
Cordioli 2003	23	15.10(7.80)	23	26.70(4.90)	-	-1.75 [-2.44, -1.06]
Emmelkamp 1983_coupl	6	8.00(3.15)	6	16.20(3.15)		-2.40 [-4.03, -0.77]
Emmelkamp 1983_patie	6	8.00(4.02)	6	16.50(4.02)		-1.95 [-3.43, -0.47]
Enright 1991	24	12.96(6.03)	24	15.46(5.12)		-0.44 [-1.01, 0.13]
Fritzler 1997	9	17.11(8.91)	9	22.90(7.27)		-0.68 [-1.64, 0.28]
McLean 2001_BT	40	16.40(9.28)	40	23.28(5.29)	-	-0.90 [-1.36, -0.44]
McLean 2001_CT	33	16.52(6.93)	33	22.00(5.89)	-	-0.84 [-1.35, -0.34]
Taylor 2003_Del	15	6.60(2.90)	15	8.30(3.20)	-	-0.54 [-1.27, 0.19]
Taylor 2003_lmm	11	6.10(3.60)	11	9.70(4.00)	-	-0.91 [-1.80, -0.02]
VanNoppen 1998	73	16.60(6.10)	73	21.80(5.60)	-	-0.88 [-1.22, -0.54]
Total (95% CI)	240		240		•	-0.91 [-1.10, -0.72]
Test for heterogeneity: Chi² =	14.73, df = 9 (i	P = 0.10), I ² = 38.9%				
Test for overall effect: Z = 9.3	1 (P < 0.00001)				
	•			-1	0 -5 0 5	10

Review: OCD psychological intensity review

Comparison: 02 Before-after analysis

Outcome: 06 Change from baseline to endpoint: high intensity (Sensitivity Analysis - excluding Foa2004)

Study or sub-category	N E	End of treatment Mean (SD)	N E	efore treatment Mean (SD)	SMD (fixed) 95% Cl	SMD (fixed) 95% Cl
Foa 1984 ERP	11	2.55(2.30)	11	6.73(1.21)		-2.19 [-3.29, -1.09]
Foa 1984_Ex	12	4.00(1.99)	12	6.67(1.09)	-	-1.61 [-2.55, -0.66]
Foa 1984_RP	9	4.33(1.60)	9	6.61(0.78)		-1.73 [-2.85, -0.60]
Foa 1985_Exi	10	5.00(1.27)	10	6.55(0.64)	-	-1.48 [-2.49, -0.46]
Foa 1985_Exv	9	5.44(1.33)	9	6.44(0.88)		-0.84 [-1.82, 0.13]
Freeston1997	15	12.20(9.60)	15	25.10(5.00)	-	-1.64 [-2.48, -0.80]
McKay 1996	21	15.00(8.29)	21	30.19(3.68)	-	-2.32 [-3.12, -1.52]
Neziroglu 2001	20	10.60(3.60)	20	14.50(3.30)	-	-1.11 [-1.78, -0.44]
Rosqvist 2001	11	16.91(5.86)	11	22.46(5.20)	-	-0.96 [-1.86, -0.07]
Total (95% CI)	118		118		•	-1.51 [-1.81, -1.21]
Test for heterogeneity: Chi ^a	² = 10.34, df = 8 (P = 0.24), I ² = 22.6%			•	
Test for overall effect: Z =	9.91 (P < 0.00001	1)				

Favours treatment Doesn't favour treat

Review: OCD psychological intensity review

Comparison: 02 Before-after analysis

Outcome: 07 Change from baseline to endpoint: low intensity (Sensitivity Analysis - excluding Hughes2004/Emmelkamp1983

Study or sub-category	N E	ind of treatment Mean (SD)	N E	θefore treatment Mean (SD)	SMD (fixed 95% CI	d) SMD (fixed) 95% Cl
Cordioli 2003	23	15.10(7.80)	23	26.70(4.90)	-	-1.75 [-2.44, -1.06]
Enright 1991	24	12.96(6.03)	24	15.46(5.12)	-	-0.44 [-1.01, 0.13]
Fritzler 1997	9	17.11(8.91)	9	22.90(7.27)		-0.68 [-1.64, 0.28]
McLean 2001_BT	40	16.40(9.28)	40	23.28(5.29)	-	-0.90 [-1.36, -0.44]
McLean 2001_CT	33	16.52(6.93)	33	22.00(5.89)	-	-0.84 [-1.35, -0.34]
Taylor 2003_Del	15	6.60(2.90)	15	8.30(3.20)	-= 	-0.54 [-1.27, 0.19]
Taylor 2003_lmm	11	6.10(3.60)	11	9.70(4.00)	-	-0.91 [-1.80, -0.02]
VanNoppen 1998	73	16.60(6.10)	73	21.80(5.60)	-	-0.88 [-1.22, -0.54]
Total (95% CI)	228		228		•	-0.87 [-1.06, -0.67]
Test for heterogeneity: Chi ²	= 9.42, df = 7 (P	= 0.22), I ² = 25.7%				
Test for overall effect: $Z = 8$	B.78 (P < 0.00001)				
					-10 -5 0	5 10

Favours treatment Doesn't favour treat

Review: OCD psychological intensity review

Comparison: 02 Before-after analysis

Outcome: 08 Change from baseline to endpoint: medium intensity (Sensitivity Analysis - excluding Lindsay1997)

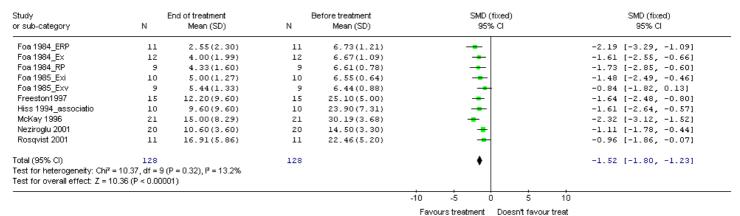
Study	E	End of treatment	E	Before treatment	SMD (fixed)	SMD (fixed)
or sub-category	N	Mean (SD)	N	Mean (SD)	95% CI	95% CI
Bouvard 2002	19	16.94(9.22)	19	27.55(7.15)	-	-1.26 [-1.96, -0.56]
Chambless 1999	49	3.42(1.75)	49	6.68(1.04)	-	-2.25 [-2.76, -1.74]
De Araujo 1995_Ex	23	7.90(3.90)	23	14.10(2.70)	-	-1.82 [-2.51, -1.12]
De Araujo 1995_Exi	23	7.50(3.20)	23	13.80(2.10)		-2.29 [-3.04, -1.53]
Emmelkamp 1988_BT	9	12.60(5.40)	9	15.60(4.00)	-= 	-0.60 [-1.55, 0.35]
Emmelkamp 1988_CT	9	11.30(1.70)	9	15.60(2.90)		-1.72 [-2.85, -0.60]
Emmelkamp1991_BT	11	11.70(6.10)	11	15.90(4.60)		-0.75 [-1.62, 0.12]
Emmelkamp1991_CT	10	9.60(6.90)	10	15.80(6.70)		-0.87 [-1.80, 0.05]
Greist 2002_clinicBT	55	17.60(6.20)	55	25.20(4.60)	-	-1.38 [-1.80, -0.97]
O'Connor 1999	6	13.30(8.60)	6	23.50(4.00)		-1.40 [-2.73, -0.08]
Rothbaum 2000	39	14.61(9.47)	39	24.66(5.59)	-	-1.28 [-1.77, -0.79]
Van Noppen1997_GBT	17	16.60(7.20)	17	23.90(7.20)	-	-0.99 [-1.71, -0.27]
Van Noppen1997_MFBT	19	15.60(6.50)	19	23.90(5.40)	-	-1.36 [-2.07, -0.65]
Van Oppen 1995_BT	29	17.30(8.30)	29	25.40(7.00)	-	-1.04 [-1.59, -0.49]
Van Oppen 1995_CT	28	13.30(8.50)	28	24.10(5.50)	-	-1.49 [-2.08, -0.89]
Vogel 2004_BT	19	16.10(7.30)	19	23.70(3.20)	-	-1.32 [-2.03, -0.61]
Vogel 2004_CBT	16	16.70(7.20)	16	24.90(2.90)		-1.46 [-2.25, -0.67]
Whittal2004_BT	37	13.57(9.27)	37	22.38(5.77)	-	-1.13 [-1.62, -0.64]
Whittal2004_CT	34	11.94(8.21)	34	23.56(4.08)	-	-1.77 [-2.34, -1.21]
Total (95% CI)	452		452		•	-1.42 [-1.57, -1.27]
「est for heterogeneity: Chi² = : 「est for overall effect: Z = 18.						

Favours treatment Doesn't favour treat

Review: OCD psychological intensity review

Comparison: 02 Before-after analysis

Outcome: 09 Change from baseline to endpoint: high intensity (Sensitivity Analysis - excluding Foa2004/Hiss1994_relaps



Review: OCD psychological intensity review
Comparison: 02 Before-after analysis
Outcome: 10 Change from baseline to endpoint

Study or sub-category	N	End of treatment Mean (SD)	N	Before treatment Mean (SD)	SMD (random) 95% Cl	SMD (random) 95% Cl
11 Low intensity						
Cordioli 2003	23	15.10(7.80)	23	26.70(4.90)	<u>-</u>	-1.75 [-2.44, -1.06]
Emmelkamp 1983_coupl	6	8.00(3.15)	6	16.20(3.15)		-2.40 [-4.03, -0.77]
Emmelkamp 1983_patie	6	8.00(4.02)	6	16.50(4.02)		-1.95 [-3.43, -0.47]
Enright 1991	24	12.96(6.03)	24	15.46(5.12)		-0.44 [-1.01, 0.13]
Fritzler 1997	9	17.11(8.91)	9	22.90(7.27)		-0.68 [-1.64, 0.28]
Hughes 2004	21	16.50(6.00)	24	22.90(4.40)	_	-1.21 [-1.85, -0.57]
McLean 2001_BT	40	16.40(9.28)	40	23.28(5.29)	-	-0.90 [-1.36, -0.44]
McLean 2001 CT	33	16.52(6.93)	33	22.00(5.89)	-	-0.84 [-1.35, -0.34]
Taylor 2003_Del	15	6.60(2.90)	15	8.30(3.20)	_	-0.54 [-1.27, 0.19]
Taylor 2003_lmm	11	6.10(3.60)	11	9.70(4.00)		-0.91 [-1.80, -0.02]
VanNoppen 1998	73	16.60(6.10)	73	21.80(5.60)	-	-0.88 [-1.22, -0.54]
ubtotal (95% CI)	261	10:00(0:10)	264	21:00(3:00)	<u> </u>	-0.96 [-1.21, -0.71]
est for heterogeneity: Chi² = 1:		(D = 0.11) B = 35.5%	204		•	-0.50 [-1.21, -0.71]
est for overall effect: $Z = 7.60$						
2 Medium intensity						
Bouvard 2002	19	16.94(9.22)	19	27.55(7.15)	-	-1.26 [-1.96, -0.56]
Chambless 1999	49	3.42(1.75)	49	6.68(1.04)	-	-2.25 [-2.76, -1.74]
De Araujo 1995_Ex	23	7.90(3.90)	23	14.10(2.70)	-	-1.82 [-2.51, -1.12]
De Araujo 1995_Exi	23	7.50(3.20)	23	13.80(2.10)	-	-2.29 [-3.04, -1.53]
Emmelkamp 1988_BT	9	12.60(5.40)	9	15.60(4.00)	 	-0.60 [-1.55, 0.35]
Emmelkamp 1988_CT	9	11.30(1.70)	9	15.60(2.90)		-1.72 [-2.85, -0.60]
Emmelkamp1991_BT	11	11.70(6.10)	11	15.90(4.60)	-	-0.75 [-1.62, 0.12]
Emmelkamp1991_CT	10	9.60(6.90)	10	15.80(6.70)	-	-0.87 [-1.80, 0.05]
Greist 2002_clinicBT	55	17.60(6.20)	55	25.20(4.60)	-	-1.38 [-1.80, -0.97]
Hiss 1994 associatio	10	9.60(9.60)	10	23.90(7.31)		-1.61 [-2.64, -0.57]
Hiss 1994 relapse	8	7.88(2.95)	8	23.13(5.41)		-3.31 [-4.95, -1.66]
Lindsay 1997	9	11.00(3.81)	9	28.70(4.56)		-4.01 [-5.76, -2.26]
O'Connor 1999	6	13.30(8.60)	6	23.50(4.00)		-1.40 [-2.73, -0.08]
Rothbaum 2000	39	14.61(9.47)	39	24.66(5.59)	-	-1.28 [-1.77, -0.79]
Van Noppen1997 GBT	17	16.60(7.20)	17	23.90(7.20)	-	-0.99 [-1.71, -0.27]
Van Noppen1997_MFBT	19	15.60(6.50)	19	23.90(5.40)		-1.36 [-2.07, -0.65]
Van Oppen 1995_BT	29	17.30(8.30)	29	25.40(7.00)	-	-1.04 [-1.59, -0.49]
Van Oppen 1995 CT	28	13.30(8.50)	28	24.10(5.50)	_	-1.49 [-2.08, -0.89]
Vogel 2004 BT	19	16.10(7.30)	19	23.70(3.20)	<u>-</u>	-1.32 [-2.03, -0.61]
Vogel 2004_BT	16	16.70(7.20)	16	24.90(2.90)		-1.46 [-2.25, -0.67]
Whittal2004_BT	37	13.57(9.27)	37	22.38(5.77)	-	-1.13 [-1.62, -0.64]
Whittal2004_BT	34	11.94(8.21)	34	23.56(4.08)		-1.77 [-2.34, -1.21]
ubtotal (95% CI)	479	11.94(0.21)	479	23.36(4.00)	T	-1.47 [-1.69, -1.25]
est for heterogeneity: Chi² = 40		(D = 0.003) 13 = 54.5%	4/3		*	-1.47 [-1.69, -1.28]
est for overall effect: Z = 12.9						
3 High intensity						
Foa 1984_ERP	11	2.55(2.30)	11	6.73(1.21)		-2.19 [-3.29, -1.09]
Foa 1984_Ex	12	4.00(1.99)	12	6.67(1.09)	<u></u>	-1.61 [-2.55, -0.66]
Foa 1984 RP	9	4.33(1.60)	9	6.61(0.78)	_ -	-1.73 [-2.85, -0.60]
Foa 1985 Exi	10	5.00(1.27)	10	6.55(0.64)	<u> </u>	-1.48 [-2.49, -0.46]
Foa 1985_Exv	9	5.44(1.33)	9	6.44(0.88)		-0.84 [-1.82, 0.13]
Foa 2004	21	11.00(7.90)	29	24.60(4.80)	_ [-2.13 [-2.84, -1.42]
Freeston1997	15	12.20(9.60)	15	25.10(5.00)	-	-1.64 [-2.48, -0.80]
McKay 1996	21	15.00(8.29)	21	30.19(3.68)		-2.32 [-3.12, -1.52]
Neziroglu 2001	20	10.60(3.60)	20	14.50(3.30)		-1.11 [-1.78, -0.44]
Rosqvist 2001	11	16.91(5.86)	11	22.46(5.20)		-0.96 [-1.86, -0.07]
Rosqvist 2001 ubtotal (95% Cl)		10.71(5.86)	147	22.40(3.20)	7	-0.96 [-1.86, -0.07] -1.60 [-1.93, -1.27]
ubtotal (95% CI) est for heterogeneity: Chi² = 1:	139 095 Af = 07	D = 0.47) 12 = 20.00	14/		▼	-1.60 [-1.93, -1.27]
est for neterogeneity: CnF = 1. est for overall effect: Z = 9.41						
otal (95% CI)	879		890		•	-1.37 [-1.54, -1.20]
est for heterogeneity: Chi² = 90 est for overall effect: Z = 15.70					'	

Favours treatment Doesn't favour treat

Review: OCD psychological intensity review
Comparison: 02 Before-after analysis
Outcome: 12 Change from baseline to endpoint (Sensitivity Analysis)

Study or sub-category	N I	End of treatment Mean (SD)	N E	Before treatment Mean (SD)	SMD (random) 95% Cl	SMD (random) 95% Cl
1 Low intensity						
Cordioli 2003	23	15.10(7.80)	23	26.70(4.90)	-	-1.75 [-2.44, -1.06]
Emmelkamp 1983_coupl	6	8.00(3.15)	6	16.20(3.15)	 -	-2.40 [-4.03, -0.77]
Emmelkamp 1983_patie	6	8.00(4.02)	6	16.50(4.02)		-1.95 [-3.43, -0.47]
Enright 1991	24	12.96(6.03)	24	15.46(5.12)	 	-0.44 [-1.01, 0.13]
Fritzler 1997	9	17.11(8.91)	9	22.90(7.27)	-= 	-0.68 [-1.64, 0.28]
Hughes 2004	21	16.50(6.00)	24	22.90(4.40)	-	-1.21 [-1.85, -0.57]
McLean 2001_BT	40	16.40(9.28)	40	23.28(5.29)	-	-0.90 [-1.36, -0.44]
McLean 2001_CT	33	16.52(6.93)	33	22.00(5.89)	-	-0.84 [-1.35, -0.34]
Taylor 2003_Del	15	6.60(2.90)	15	8.30(3.20)	-= 	-0.54 [-1.27, 0.19]
Taylor 2003_lmm	11	6.10(3.60)	11	9.70(4.00)		-0.91 [-1.80, -0.02]
VanNoppen 1998	73	16.60(6.10)	73	21.80(5.60)	-	-0.88 [-1.22, -0.54]
ubtotal (95% CI)	261		264		+	-0.96 [-1.21, -0.71]
est for heterogeneity: Chi² = 1 est for overall effect: Z = 7.60						
2 Medium intensity (excluding)	Lindsay1997)				
Bouvard 2002	19	16.94(9.22)	19	27.55(7.15)		-1.26 [-1.96, -0.56]
Chambless 1999	49	3.42(1.75)	49	6.68(1.04)	+	-2.25 [-2.76, -1.74]
De Araujo 1995_Ex	23	7.90(3.90)	23	14.10(2.70)	-	-1.82 [-2.51, -1.12]
De Araujo 1995_Exi	23	7.50(3.20)	23	13.80(2.10)		-2.29 [-3.04, -1.53]
Emmelkamp 1988_BT	9	12.60(5.40)	9	15.60(4.00)	 	-0.60 [-1.55, 0.35]
Emmelkamp 1988_CT	9	11.30(1.70)	9	15.60(2.90)		-1.72 [-2.85, -0.60]
Emmelkamp1991_BT	11	11.70(6.10)	11	15.90(4.60)		-0.75 [-1.62, 0.12]
Emmelkamp1991_CT	10	9.60(6.90)	10	15.80(6.70)		-0.87 [-1.80, 0.05]
Greist 2002_clinicBT	55	17.60(6.20)	55	25.20(4.60)	-	-1.38 [-1.80, -0.97]
O'Connor 1999	6	13.30(8.60)	6	23.50(4.00)		-1.40 [-2.73, -0.08]
Rothbaum 2000	39	14.61(9.47)	39	24.66(5.59)	-	-1.28 [-1.77, -0.79]
Van Noppen1997_GBT	17	16.60(7.20)	17	23.90(7.20)		-0.99 [-1.71, -0.27]
Van Noppen1997_MFBT	19	15.60(6.50)	19	23.90(5.40)		-1.36 [-2.07, -0.65]
Van Oppen 1995_BT	29	17.30(8.30)	29	25.40(7.00)	-	-1.04 [-1.59, -0.49]
Van Oppen 1995_CT	28	13.30(8.50)	28	24.10(5.50)		-1.49 [-2.08, -0.89]
Vogel 2004_BT	19	16.10(7.30)	19	23.70(3.20)	-	-1.32 [-2.03, -0.61]
Vogel 2004_CBT	16	16.70(7.20)	16	24.90(2.90)		-1.46 [-2.25, -0.67]
Whittal2004_BT	37	13.57(9.27)	37	22.38(5.77)	-	-1.13 [-1.62, -0.64]
VVhittal2004_CT	34	11.94(8.21)	34	23.56(4.08)	-	-1.77 [-2.34, -1.21]
ubtotal (95% CI)	452		452		+	-1.41 [-1.61, -1.21]
est for heterogeneity: Chi² = 2 est for overall effect: Z = 13.8						
3 High intensity						
Foa 1984_ERP	11	2.55(2.30)	11	6.73(1.21)		-2.19 [-3.29, -1.09]
Foa 1984_Ex	12	4.00(1.99)	12	6.67(1.09)		-1.61 [-2.55, -0.66]
Foa 1984_RP	9	4.33(1.60)	9	6.61(0.78)		-1.73 [-2.85, -0.60]
Foa 1985_Exi	10	5.00(1.27)	10	6.55(0.64)		-1.48 [-2.49, -0.46]
Foa 1985_Exv	9	5.44(1.33)	9	6.44(0.88)	 	-0.84 [-1.82, 0.13]
Foa 2004	21	11.00(7.90)	29	24.60(4.80)	-	-2.13 [-2.84, -1.42]
Freeston1997	15	12.20(9.60)	15	25.10(5.00)		-1.64 [-2.48, -0.80]
Hiss 1994_associatio	10	9.60(9.60)	10	23.90(7.31)		-1.61 [-2.64, -0.57]
Hiss 1994_relapse	8	7.88(2.95)	8	23.13(5.41)		-3.31 [-4.95, -1.66]
McKay 1996	21	15.00(8.29)	21	30.19(3.68)		-2.32 [-3.12, -1.52]
Neziroglu 2001	20	10.60(3.60)	20	14.50(3.30)		-1.11 [-1.78, -0.44]
Rosqvist 2001	11	16.91(5.86)	11	22.46(5.20)	,- 1	-0.96 [-1.86, -0.07]
ubtotal (95% CI) est for heterogeneity: Chi² = 1 est for overall effect: Z = 9.79		, ,,	165		*	-1.66 [-1.99, -1.33]
otal (95% Cl) est for heterogeneity: Chi² = 8 est for overall effect: Z = 16.1			881		•	-1.34 [-1.51, -1.18]

Favours treatment Doesn't favour treat