

Author(s):

Date: 2010-04-14

Question: Should CBT vs comparator be used for GAD?

Settings:

Bibliography: . Psychological therapies for Generalized anxiety disorder. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

Quality assessment							Summary of findings				Importance	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect			Quality
							CBT	comparator	Relative (95% CI)	Absolute		
Anxiety (SELF-rated) - CBT vs WLC (Better indicated by lower values)												
10	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	199	199	-	SMD 0.63 lower (0.83 to 0.42 lower)	⊕⊕⊕⊕ HIGH	
Anxiety (SELF-rated) - CBT vs AR (Better indicated by lower values)												
8	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	154	149	-	SMD 0.01 lower (0.22 lower to 0.23 higher)	⊕⊕⊕○ MODERATE	
Anxiety (SELF-rated) - CBT vs psychodynamic therapy (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	serious ²	no serious imprecision	none	64	57	-	SMD 0.45 lower (0.81 to 0.08 lower)	⊕⊕⊕○ MODERATE	
Anxiety (SELF-rated) - CBT vs NDT (adults) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	19	18	-	SMD 0.69 lower (1.35 to 0.02 lower)	⊕⊕⊕○ MODERATE	
Anxiety (SELF-rated) - CBT vs NDT (older adults) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	18	13	-	SMD 0.25 lower (0.97 lower to 0.46 higher)	⊕⊕⊕○ MODERATE	
Anxiety (SELF-rated) - CBT vs other active treatment (AXM) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	35	16	-	SMD 0.13 lower (0.78 lower to 0.53 higher)	⊕⊕○○ LOW	
Anxiety (SELF-rated) - CBT vs other active treatment (discussion) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-	SMD 0.13 lower (0.78 lower to 0.53 higher)	⊕⊕○○ LOW	
Anxiety (clinician rated) - CBT vs WLC (Better indicated by lower values)												
11	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	237	237	-	SMD 1.09 lower (1.33 to 0.84 lower)	⊕⊕⊕○ MODERATE	
Anxiety (clinician rated) - CBT vs AR (Better indicated by lower values)												
6	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	131	118	-	SMD 0.15 lower (0.4 lower to 0.1 higher)	⊕⊕○○ LOW	
Anxiety (clinician rated) - CBT vs psychodynamic therapy (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	64	57	-	SMD 0.46 lower (0.9 to 0.02 lower)	⊕⊕⊕⊕ HIGH	

Anxiety (clinician rated) - CBT vs NDT (adults) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	19	18	-	SMD 0.93 lower (1.61 to 0.25 lower)	⊕⊕⊕⊕ MODERATE	
Anxiety (clinician rated) - CBT vs NDT (older adults) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	18	13	-	SMD 0.01 lower (0.72 lower to 0.7 higher)	⊕⊕⊕⊕ MODERATE	
Non remission - CBT vs WLC												
5	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	65/130 (50%)	109/129 (84.5%)	RR 0.62 (0.51 to 0.75)	321 fewer per 1000 (from 211 fewer to 414 fewer)	⊕⊕⊕⊕ HIGH	
								81.3%		309 fewer per 1000 (from 203 fewer to 398 fewer)		
Non response - CBT vs WLC												
5	randomised trials	serious ³	serious ⁴	no serious indirectness	no serious imprecision	none	64/106 (60.4%)	107/113 (94.7%)	RR 0.67 (0.53 to 0.84)	312 fewer per 1000 (from 152 fewer to 445 fewer)	⊕⊕⊕⊕ LOW	
								93.8%		310 fewer per 1000 (from 150 fewer to 441 fewer)		
Non response - CBT vs AR												
4	randomised trials	serious ³	no serious inconsistency	serious ⁵	serious ¹	none	53/91 (58.2%)	42/87 (48.3%)	RR 1.11 (0.86 to 1.44)	53 more per 1000 (from 68 fewer to 212 more)	⊕⊕⊕⊕ VERY LOW	
								46.7%		51 more per 1000 (from 65 fewer to 205 more)		
Non response - CBT vs NDT (adults)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	12/23 (52.2%)	16/20 (80%)	RR 0.65 (0.42 to 1.02)	280 fewer per 1000 (from 464 fewer to 16 more)	⊕⊕⊕⊕ LOW	
								72.5%		254 fewer per 1000 (from 421 fewer to 14 more)		
Non response - CBT vs other active treatment (EUC)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	32/70 (45.7%)	33/64 (51.6%)	RR 0.89 (0.63 to 1.26)	57 fewer per 1000 (from 191 fewer to 134 more)	⊕⊕⊕⊕ MODERATE	
								62.3%		69 fewer per 1000 (from 231 fewer to 162 more)		
Anxiety (clinician rated) - CBT vs other active treatment (AXM) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	35	16	-	SMD 0.59 lower (1.19 lower to 0.01 higher)	⊕⊕⊕⊕ LOW	
Depression (self rated) - CBT vs WLC (Better indicated by lower values)												
10	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	201	200	-	SMD 0.81 lower (1.11 to 0.51 lower)	⊕⊕⊕⊕ HIGH	

Depression (clinician rated) - CBT vs WLC (Better indicated by lower values)												
4	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	94	97	-	SMD 0.74 lower (1.11 to 0.36 lower)	⊕⊕⊕⊕ HIGH	
Depression (self rated) - CBT vs AR (Better indicated by lower values)												
7	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	141	129	-	SMD 0.18 lower (0.5 lower to 0.13 higher)	⊕⊕⊕⊕ MODERATE	
Depression (clinician rated) - CBT vs AR (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	serious ⁶	serious ¹	none	78	68	-	SMD 0.08 lower (0.4 lower to 0.25 higher)	⊕⊕⊕⊕ LOW	
Depression (clinician rated) - CBT vs NDT (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	19	18	-	SMD 0.71 lower (1.38 to 0.05 lower)	⊕⊕⊕⊕ MODERATE	
Depression (self rated) - CBT vs Other active treatments-AXM (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	35	16	-	SMD 0.76 lower (1.37 to 0.15 lower)	⊕⊕⊕⊕ HIGH	
Depression (self rated) - CBT vs other active treatments-Discussion (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-	SMD 0.27 lower (0.93 lower to 0.39 higher)	⊕⊕⊕⊕ LOW	
Depression (self rated) - CBT vs Psychodynamic therapy (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	serious ²	no serious imprecision	none	64	57	-	SMD 0.76 lower (1.21 to 0.31 lower)	⊕⊕⊕⊕ MODERATE	
Depression (self rated) - CBT vs Other active treatments-EUC (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	66	50	-	SMD 0.34 lower (0.71 lower to 0.03 higher)	⊕⊕⊕⊕ MODERATE	
Worry - CBT vs WLC (Better indicated by lower values)												
9	randomised trials	no serious limitations	very serious ⁷	no serious indirectness	no serious imprecision	reporting bias ⁸	183	183	-	SMD 1.13 lower (1.58 to 0.68 lower)	⊕⊕⊕⊕ VERY LOW	
Worry - CBT vs AR (Better indicated by lower values)												
6	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	130	119	-	SMD 0.02 lower (0.27 lower to 0.23 higher)	⊕⊕⊕⊕ MODERATE	
Worry - CBT vs psychodynamic therapy (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	29	28	-	SMD 0.32 lower (0.84 lower to 0.21 higher)	⊕⊕⊕⊕ MODERATE	
Worry - CBT vs other active treatments-EUC (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	66	50	-	SMD 0.9 lower (1.29 to 0.52 lower)	⊕⊕⊕⊕ HIGH	
QOL - CBT vs WLC (Better indicated by lower values)												
2	randomised trials	no serious limitations	serious ⁴	serious ⁹	serious ¹	none	27	28	-	SMD 1.59 lower (3.77 lower to 0.59 higher)	⊕⊕⊕⊕ VERY LOW	

QOL - CBT vs Psychodynamic therapy (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	35	29	-	SMD 0.15 lower (0.34 lower to 0.65 higher)	⊕⊕⊕⊕ LOW	
QOL - CBT vs Other active treatments-EUC (SF-12 Mental) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	66	50	-	SMD 0.47 lower (0.84 to 0.1 lower)	⊕⊕⊕⊕ HIGH	
QOL - CBT vs Other active treatments-discussion group (QOL-energy) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-	SMD 0.18 lower (0.84 lower to 0.47 higher)	⊕⊕⊕⊕ LOW	
Non response - CBT vs NDT (older adults)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	21/26 (80.8%)	13/20 (65%) 72.5%	RR 1.24 (0.86 to 1.8)	156 more per 1000 (from 91 fewer to 520 more) 174 more per 1000 (from 101 fewer to 580 more)	⊕⊕⊕⊕ MODERATE	
Non response - CBT vs other active treatment (Discussion group)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	20/26 (76.9%)	19/26 (73.1%) 62.3%	RR 1.05 (0.77 to 1.44)	37 more per 1000 (from 168 fewer to 322 more) 31 more per 1000 (from 143 fewer to 274 more)	⊕⊕⊕⊕ LOW	
Anxiety (clinician rated) - CBT vs other active treatment-Discussion group (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-	SMD 0.06 lower (0.72 lower to 0.59 higher)	⊕⊕⊕⊕ LOW	
Depression (self rated) - CBT vs NDT (adults) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	19	18	-	SMD 0.9 lower (1.58 to 0.22 lower)	⊕⊕⊕⊕ MODERATE	
Depression (self rated) - CBT vs NDT (older adults) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	18	13	-	SMD 0.24 higher (0.48 lower to 0.95 higher)	⊕⊕⊕⊕ MODERATE	
Depression (clinician rated) CBT vs other active treatments (discussion group) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-	SMD 0.33 lower (0.98 lower to 0.33 higher)	⊕⊕⊕⊕ LOW	
Worry - CBT vs NDT (older adults) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	18	13	-	SMD 0.06 lower (0.78 lower to 0.65 higher)	⊕⊕⊕⊕ MODERATE	
Worry - CBT vs NDT (adults) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	19	18	-	SMD 0.97 lower (1.65 to 0.28 lower)	⊕⊕⊕⊕ MODERATE	
Worry - CBT vs other active treatments (discussion gp) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-	SMD 0.17 lower (0.82	⊕⊕⊕⊕	

	trials		inconsistency	indirectness							lower to 0.49 higher)	LOW	
QOL - CBT vs Other active treatments-EUC (SF-12 Physical) (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	66	50	-		SMD 0.02 higher (0.34 lower to 0.39 higher)	⊕⊕⊕ MODERATE	
QOL - CBT vs Other active treatments-discussion group (QOL-Role functioning) (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-		SMD 0.59 lower (1.26 lower to 0.08 higher)	⊕⊕⊕ LOW	
QOL - CBT vs Other active treatments-discussion group (QOL-social role) (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-		SMD 0.11 lower (0.76 lower to 0.54 higher)	⊕⊕⊕ LOW	
Non remission - CBT vs AR													
4	randomised trials	no serious limitations	serious ⁴	no serious indirectness	serious ¹	none	44/81 (54.3%)	47/75 (62.7%) 55%	RR 0.94 (0.63 to 1.41)		38 fewer per 1000 (from 232 fewer to 257 more) 33 fewer per 1000 (from 204 fewer to 225 more)	⊕⊕⊕ LOW	
Non remission - CBT vs other active treatment (discussion gp)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	12/26 (46.2%)	13/26 (50%) 50%	RR 0.92 (0.52 to 1.63)		40 fewer per 1000 (from 240 fewer to 315 more) 40 fewer per 1000 (from 240 fewer to 315 more)	⊕⊕⊕ LOW	
Discontinuation due to any reason - CBT vs WLC													
12	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	43/258 (16.7%)	31/258 (12%) 8.7%	RR 1.4 (0.7 to 2.79)		48 more per 1000 (from 36 fewer to 215 more) 35 more per 1000 (from 26 fewer to 156 more)	⊕⊕⊕⊕ HIGH	
Discontinuation due to any reason - CBT vs AR													
8	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	21/172 (12.2%)	29/162 (17.9%) 17.4%	RR 0.75 (0.43 to 1.31)		45 fewer per 1000 (from 102 fewer to 55 more) 43 fewer per 1000 (from 99 fewer to 54 more)	⊕⊕⊕⊕ HIGH	
Discontinuation due to any reason - CBT vs NDT													
2	randomised trials	serious ^{3,10}	no serious inconsistency	serious ¹¹	serious ¹	none	12/49 (24.5%)	9/40 (22.5%) 22.5%	RR 1.02 (0.49 to 2.12)		4 more per 1000 (from 115 fewer to 252 more) 4 more per 1000 (from 115 fewer to 252 more)	⊕ VERY LOW	
Discontinuation due to any reason - CBT vs psychodynamic therapy													
2	randomised	no serious	no serious	no serious	serious ¹	none	6/69	12/73	RR 0.54 (0.21		76 fewer per 1000	⊕⊕⊕ LOW	

	trials	limitations	inconsistency	indirectness ²			(8.7%)	(16.4%)	to 1.36)	(from 130 fewer to 59 more)	MODERATE	
								15.4%		71 fewer per 1000 (from 122 fewer to 55 more)		
Discontinuation due to any reason - CBT vs other active treatments-AXM												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	4/40 (10%)	6/25 (24%)	RR 0.42 (0.13 to 1.33)	139 fewer per 1000 (from 209 fewer to 79 more)	⊕⊕OO LOW	
								24%		139 fewer per 1000 (from 209 fewer to 79 more)		
Discontinuation due to any reason - CBT vs other active treatments (EUC)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	4/70 (5.7%)	14/64 (21.9%)	RR 0.26 (0.09 to 0.75)	162 fewer per 1000 (from 55 fewer to 199 fewer)	⊕⊕⊕⊕ HIGH	
								24%		178 fewer per 1000 (from 60 fewer to 218 fewer)		
Discontinuation due to any reason - CBT vs other active treatments (Discussion gp)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	8/26 (30.8%)	8/26 (30.8%)	RR 1 (0.44 to 2.26)	0 fewer per 1000 (from 172 fewer to 388 more)	⊕⊕OO LOW	
								24%		0 fewer per 1000 (from 134 fewer to 302 more)		

¹ 95% confidence interval include no effect

² duration for treatment is average of 15 wks and control is average of 30 wks

³ High attrition bias and completor analysis

⁴ Moderate heterogeneity (50-80%)

⁵ Half of the trials were Cognitive Therapy while other half were CBT

⁶ Treatment varies and include: Worry exposure, cognitive therapy and manualised CBT

⁷ High heterogeneity (>80%)

⁸ Funnel plot inspected (egger's test p-value=0.02)

⁹ Treatment varies: CBT and acceptance based BT

¹⁰ High detection bias

¹¹ The studies target different population (adults and older adults)

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Date: 2010-04-14

Question: Should AR vs comparator be used for GAD?

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Bibliography: . Psychological therapies for Generalized anxiety disorder. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

Quality assessment							Summary of findings				Importance	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect			Quality
							AR	comparator	Relative (95% CI)	Absolute		
Anxiety (SELF-rated) - AR vs WLC (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	62	59	-	SMD 0.49 lower (0.86 to 0.13 lower)	⊕⊕⊕⊕ HIGH	
Anxiety (SELF-rated) - AR vs NDT (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	18	18	-	SMD 0.48 lower (1.14 lower to 0.19 higher)	⊕⊕○○ LOW	
Anxiety (clinician rated) - AR vs WLC (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	63	61	-	SMD 1 lower (1.38 to 0.62 lower)	⊕⊕⊕⊕ HIGH	
Anxiety (clinician rated) - AR vs NDT (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	18	18	-	SMD 0.82 lower (1.51 to 0.14 lower)	⊕⊕○○ LOW	
Depression (self rated) - AR vs WLC (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	42	40	-	SMD 0.54 lower (0.98 to 0.1 lower)	⊕⊕⊕⊕ HIGH	
Depression (self rated) - AR vs NDT (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	18	18	-	SMD 0.36 lower (1.02 lower to 0.29 higher)	⊕⊕○○ LOW	
Depression (clinician rated) - AR vs WLC (Better indicated by lower values)												
2	randomised trials	no serious limitations	serious ³	no serious indirectness	serious ²	none	53	51	-	SMD 0.47 lower (1.14 lower to 0.2 higher)	⊕⊕○○ LOW	
Worry - AR vs WLC (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	50	-	SMD 0.7 lower (1.1 to 0.31 lower)	⊕⊕⊕⊕ HIGH	
Worry - AR vs NDT (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	18	18	-	SMD 0.61 lower (1.28 lower to 0.06 higher)	⊕⊕○○ LOW	
Non response - AR vs WLC												

1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	6/16 (37.5%)	20/20 (100%)	RR 0.39 (0.21 to 0.72)	610 fewer per 1000 (from 280 fewer to 790 fewer)	⊕⊕⊕O MODERATE	
							100%			610 fewer per 1000 (from 280 fewer to 790 fewer)		
Non response - AR vs NDT												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	10/23 (43.5%)	16/20 (80%)	RR 0.54 (0.32 to 0.91)	368 fewer per 1000 (from 72 fewer to 544 fewer)	⊕⊕⊕O MODERATE	
							80%			368 fewer per 1000 (from 72 fewer to 544 fewer)		
Discontinuation due to any reason - AR vs WLC												
3	randomised trials	no serious limitations	serious ³	no serious indirectness	serious ²	none	15/70 (21.4%)	11/71 (15.5%)	RR 2.2 (0.37 to 13.19)	186 more per 1000 (from 98 fewer to 1889 more)	⊕⊕OO LOW	
							3.2%			38 more per 1000 (from 20 fewer to 390 more)		
Discontinuation due to any reason - AR vs NDT												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	5/23 (21.7%)	2/20 (10%)	RR 2.17 (0.47 to 10)	117 more per 1000 (from 53 fewer to 900 more)	⊕⊕OO LOW	
							10%			117 more per 1000 (from 53 fewer to 900 more)		

¹ High attrition bias and completor analysis

² 95% confidence interval include no effect

³ Moderate heterogeneity (50-80%)

Author(s):

Date: 2010-04-14

Question: Should Psychodynamic therapy vs other comparator be used for GAD?

Settings:

Bibliography: . Psychological therapies for Generalized anxiety disorder. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

Quality assessment							Summary of findings					Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect		Quality	
							Psychodynamic therapy	other comparator	Relative (95% CI)	Absolute		
Anxiety - psychodynamic vs active control (self rate) (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	29	35	-	SMD 0.18 higher (0.31 lower to 0.67 higher)	⊕⊕⊕ LOW	
Anxiety - psychodynamic vs NDT (self rate) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	15	16	-	SMD 0.47 higher (0.24 lower to 1.19 higher)	⊕⊕⊕ MODERATE	
Anxiety - psychodynamic vs active control (clinician rate) (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	29	35	-	SMD 0.08 higher (0.41 lower to 0.57 higher)	⊕⊕⊕ LOW	
Anxiety - psychodynamic vs NDT (clinician rate) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	15	16	-	SMD 0.25 lower (0.95 lower to 0.46 higher)	⊕⊕⊕ MODERATE	
Depression - Psychodynamic therapy vs active control (self rate) (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	29	16	-	SMD 0.24 higher (0.38 lower to 0.85 higher)	⊕⊕⊕ LOW	
Depression - psychodynamic vs NDT (self rate) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	15	16	-	SMD 0.12 higher (0.58 lower to 0.83 higher)	⊕⊕⊕ MODERATE	
Depression - psychodynamic vs NDT (clinician rate) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	15	16	-	SMD 0.08 lower (0.78 lower to 0.63 higher)	⊕⊕⊕ MODERATE	
QOL - Psychodynamic therapy vs active control (Better indicated by lower values)												

1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	29	16	-	SMD 0.01 lower (0.62 lower to 0.61 higher)	⊕⊕⊕⊕ LOW	
Non remission - Psychodynamic vs NDT												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	8/15 (53.3%)	14/16 (87.5%)	RR 0.61 (0.37 to 1.01)	341 fewer per 1000 (from 551 fewer to 9 more)	⊕⊕⊕⊕ HIGH	
								87.5%				
Discontinuation due to any reason- psychodynamic VS active control												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	9/45 (20%)	6/25 (24%)	RR 0.83 (0.34 to 2.07)	41 fewer per 1000 (from 158 fewer to 257 more)	⊕⊕⊕⊕ LOW	
								24%				
Discontinuation due to any reason- psychodynamic VS NDT												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	1/15 (6.7%)	2/16 (12.5%)	RR 0.53 (0.05 to 5.29)	59 fewer per 1000 (from 119 fewer to 536 more)	⊕⊕⊕⊕ MODERATE	
								12.5%				

¹ high attrition bias and completor analysis

² 95% confidence interval include no effect

Author(s):

Date: 2010-04-14

Question: Should CBT vs WLC (subgroup analysis) be used for GAD?

Settings:

Bibliography: . Psychological therapies for Generalized anxiety disorder. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

Quality assessment							Summary of findings				Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect		
							CBT	WLC (subgroup analysis)	Relative (95% CI)	Absolute	
Anxiety (SELF-rated) - CBT vs WLC(adults) (Better indicated by lower values)											
7	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	137	127	-	SMD 0.59 lower (0.85 to 0.33 lower)	⊕⊕⊕⊕ HIGH
Anxiety (SELF-rated) - CBT vs WLC (older adults) (Better indicated by lower values)											
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	56	-	SMD 0.72 lower (1.12 to 0.32 lower)	⊕⊕⊕⊕ HIGH
Anxiety (SELF-rated) - CBT vs WLC (indiv sessions) (Better indicated by lower values)											
7	randomised trials	no serious limitations ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	141	135	-	SMD 0.56 lower (0.8 to 0.32 lower)	⊕⊕⊕⊕ HIGH
Anxiety (SELF-rated) - CBT vs WLC (group sessions) (Better indicated by lower values)											
2	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	43	48	-	SMD 0.83 lower (1.26 to 0.39 lower)	⊕⊕⊕⊕ MODERATE
Anxiety (clinician rated) -CBT vs WLC (adults) (Better indicated by lower values)											
8	randomised trials	no serious limitations	serious ²	no serious indirectness	no serious imprecision	none	175	165	-	SMD 1.14 lower (1.46 to 0.83 lower)	⊕⊕⊕⊕ MODERATE
Anxiety (clinician rated) - CBT vs WLC (older adults) (Better indicated by lower values)											
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	56	-	SMD 1.09 lower (1.58 to 0.59 lower)	⊕⊕⊕⊕ HIGH
Anxiety (clinician rated) - CBT vs WLC (indiv sessions) (Better indicated by lower values)											
8	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	179	173	-	SMD 1.08 lower (1.38 to 0.77 lower)	⊕⊕⊕⊕ MODERATE
Anxiety (clinician rated) - CBT vs WLC (group sessions) (Better indicated by lower values)											
2	randomised trials	serious ¹	no serious inconsistency	no serious indirectness ³	no serious imprecision	none	43	48	-	SMD 1.32 lower (1.78 to 0.86 lower)	⊕⊕⊕⊕ MODERATE
Depression (self rated) - CBT vs WLC (adults) (Better indicated by lower values)											
7	randomised trials	no serious limitations	serious ²	no serious indirectness	no serious imprecision	none	139	128	-	SMD 0.73 lower (1.13 to 0.33 lower)	⊕⊕⊕⊕ MODERATE
Depression (self rated) - CBT vs WLC (older adults) (Better indicated by lower values)											

2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	56	-	SMD 0.84 lower (1.25 to 0.44 lower)	⊕⊕⊕⊕ HIGH	
Depression (self rated) - CBT vs WLC (indiv sessions) (Better indicated by lower values)												
7	randomised trials	no serious limitations	serious ²	no serious indirectness	no serious imprecision	none	143	136	-	SMD 0.7 lower (1.08 to 0.32 lower)	⊕⊕⊕⊕ MODERATE	
Non remission - CBT vs WLC (adults)												
3	randomised trials	no serious limitations	serious ⁴	serious ³	no serious imprecision	none	32/65 (49.2%)	56/65 (86.2%) 81.3%	RR 0.62 (0.41 to 0.94)	327 fewer per 1000 (from 52 fewer to 508 fewer) 309 fewer per 1000 (from 49 fewer to 480 fewer)	⊕⊕⊕⊕ LOW	
Depression (self rated) - CBT vs WLC(group sessions) (Better indicated by lower values)												
2	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	43	48	-	SMD 0.96 lower (1.4 to 0.52 lower)	⊕⊕⊕⊕ MODERATE	
Depression (clinician rated) - CBT vs WLC(adults) (Better indicated by lower values)												
2	randomised trials	serious ¹	serious ²	serious ³	no serious imprecision	none	47	41	-	SMD 0.87 lower (1.63 to 0.11 lower)	⊕⊕⊕⊕ VERY LOW	
Depression (clinician rated) - CBT vs WLC(older adults) (Better indicated by lower values)												
2	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	56	-	SMD 0.59 lower (0.99 to 0.19 lower)	⊕⊕⊕⊕ MODERATE	
Depression (clinician rated) - CBT vs WLC (indiv sessions) (Better indicated by lower values)												
3	randomised trials	serious ¹	no serious inconsistency	serious ³	no serious imprecision	none	76	76	-	SMD 0.84 lower (1.26 to 0.42 lower)	⊕⊕⊕⊕ LOW	
Depression (clinician rated) - CBT vs WLC (group sessions) (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ⁵	none	18	21	-	SMD 0.4 lower (1.04 lower to 0.23 higher)	⊕⊕⊕⊕ LOW	
Worry - CBT vs WLC (adults) (Better indicated by lower values)												
6	randomised trials	no serious limitations	very serious ⁶	no serious indirectness	no serious imprecision	none	121	111	-	SMD 1.15 lower (1.81 to 0.5 lower)	⊕⊕⊕⊕ LOW	
Worry - CBT vs WLC (older adults) (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	56	-	SMD 0.89 lower (1.33 to 0.46 lower)	⊕⊕⊕⊕ HIGH	
Worry - CBT vs WLC (indiv sessions) (Better indicated by lower values)												
6	randomised trials	no serious limitations	serious ²	serious ³	no serious imprecision	none	125	119	-	SMD 1.16 lower (1.81 to 0.52 lower)	⊕⊕⊕⊕ LOW	
Worry - CBT vs WLC (group sessions) (Better indicated by lower values)												
2	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	43	48	-	SMD 0.85 lower (1.28 to 0.41 lower)	⊕⊕⊕⊕ MODERATE	
Non remission - CBT vs WLC (older adults)												

2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	33/65 (50.8%)	53/64 (82.8%)	RR 0.62 (0.47 to 0.8)	315 fewer per 1000 (from 166 fewer to 439 fewer)	⊕⊕⊕⊕ HIGH	
								83.7%		318 fewer per 1000 (from 167 fewer to 444 fewer)		
Non response - CBT vs WLC (adults)												
3	randomised trials	no serious limitations	serious ²	serious ³	no serious imprecision	none	19/38 (50%)	44/46 (95.7%)	RR 0.57 (0.36 to 0.92)	411 fewer per 1000 (from 77 fewer to 612 fewer)	⊕⊕○○ LOW	
								93.8%		403 fewer per 1000 (from 75 fewer to 600 fewer)		
Non response - CBT vs WLC (older adults)												
2	randomised trials	no serious limitations	serious ²	no serious indirectness	no serious imprecision	none	41/65 (63.1%)	60/64 (93.8%)	RR 0.69 (0.49 to 0.98)	291 fewer per 1000 (from 19 fewer to 478 fewer)	⊕⊕⊕○ MODERATE	
								94.2%		292 fewer per 1000 (from 19 fewer to 480 fewer)		

¹ High attrition bias and completer analysis

² Moderate heterogeneity (50-80%)

³ Difference in treatment principles

⁴ Borderline heterogeneity (45-50%)

⁵ 95% confidence interval include no effect

⁶ High heterogeneity (>80%)