Appendix 16d: Computerised cognitive behavioural therapy for panic disorder forest plots

1 Computerised cognitive behavioural therapy (CCBT) for panic disorder

1.1 CCBT for panic disorder

Comparator: Waitlist control (WLC)

Outcome: Anxiety (self-rated)

	Treatm	BT)	Wait-l	ist Cor	ntrol		Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Ra	ndom,	95% C	
Carlbring 2001	9.8	8.4	21	21.2	10.4	20	41.7%	-1.19 [-1.86, -0.52]		-	⊢		
Carlbring 2006	8.5	5.5	30	19.6	9.9	30	58.3%	-1.37 [-1.93, -0.80]		-	-		
Total (95% CI)			51			50	100.0%	-1.29 [-1.72, -0.86]		•	•		
Heterogeneity: Tau ² =	0.00; Chi ²	= 0.17,	df = 1 (P = 0.68); I ² = 0)%			- 4	-2		 2	4
Test for overall effect:	Z = 5.86 (F	P < 0.00	0001)						Favo	urs CC	BT Fa	avours c	ontrol

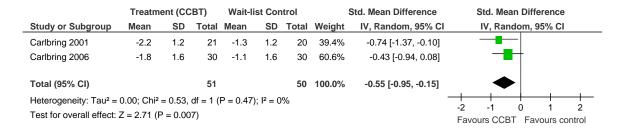
1.2 CCBT for panic disorder

Comparator: Waitlist control (WLC) **Outcome**: Depression (self-rated)

	Treatm	ent (CC	BT)	Wait-li	st Cor	ntrol		Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Ra	ndon	n, 95% (CI .
Carlbring 2001	5	3.6	21	12.1	7.7	20	42.8%	-1.17 [-1.84, -0.50]	_		-		
Carlbring 2006	9.1	8.4	30	14.4	9	30	57.2%	-0.60 [-1.12, -0.08]					
Total (95% CI)			51			50	100.0%	-0.84 [-1.39, -0.29]		•	•		
Heterogeneity: Tau ² =	0.07; Chi ²	= 1.73,	df = 1 (P = 0.19); I ² = 4	12%			- 2		_	1	
Test for overall effect:	Z = 3.01 (F	P = 0.00	3)						_	ours CC	BT I	Favours	control

1.3 CCBT for panic disorder

Comparator: Waitlist control (WLC) **Outcome**: Quality of life (psychological)



1.4 CCBT for panic disorder

Comparator: Waitlist control (WLC) **Outcome**: Non-panic-free status

	Treatment (CCBT) Wait-list Control					Risk Ratio	Risk Ratio			
Study or Subgroup	Events T	otal	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI			
1.11.1 Non-Remission	n (taken at 1 mont	h po	st treatment)							
Carlbring 2006	7	30	30	30	47.8%	0.25 [0.13, 0.46]				
Subtotal (95% CI)		30		30	47.8%	0.25 [0.13, 0.46]	•			
Total events	7		30							
Heterogeneity: Not app	plicable									
Test for overall effect:	Z = 4.40 (P < 0.000))1)								
1.11.3 Non "Panic-fre	ee" (taken at 2 wks	pos	t treatment)							
Carlbring 2001	14	21	19	21	52.2%	0.74 [0.53, 1.03]	-			
Subtotal (95% CI)		21		21	52.2%	0.74 [0.53, 1.03]	•			
Total events	14		19							
Heterogeneity: Not app	plicable									
Test for overall effect:	Z = 1.80 (P = 0.07)									
Total (95% CI)		51		51	100.0%	0.44 [0.12, 1.55]				
Total events	21		49							
Heterogeneity: Tau ² =	0.77; Chi ² = 12.88,	df =	1 (P = 0.0003); I ² = 9	2%		 			
Test for overall effect:	Z = 1.28 (P = 0.20)						0.1 0.2 0.5 1 2 5 10			
	. ,						Favours CCBT Favours control			

1.5 CCBT for panic disorder

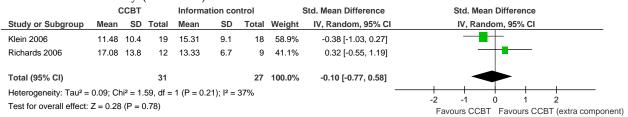
Comparator: Waitlist control (WLC)

Outcome: Discontinuation due to any reason

	Treatment (C	CBT)	Wait-list Co	ontrol		Risk Ratio	Risk	Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	I M-H, Rand	dom, 95% C	<u> </u>
Carlbring 2001	4	21	1	20	53.4%	3.81 [0.46, 31.23]	_		-
Carlbring 2006	1	30	2	30	46.6%	0.50 [0.05, 5.22]		_	
Total (95% CI)		51		50	100.0%	1.48 [0.20, 10.79]	⋖		
Total events	5		3						
Heterogeneity: Tau ² =	0.77; Chi ² = 1.6	60, df = 1	(P = 0.21); I	² = 37%				1 10	100
Test for overall effect:	Z = 0.39 (P = 0	.70)					0.01 0.1 Favours CCBT	1 10 Favours co	100 ontrol

1.6 CCBT for panic disorder

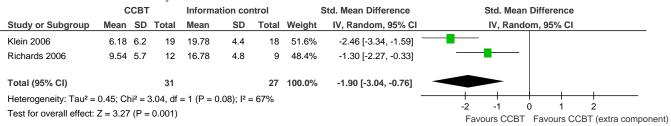
Comparator: Information control **Outcome**: Anxiety (self-rated)



1.7 CCBT for panic disorder

Comparator: Information control

Outcome: Panic severity



1.8 CCBT for panic disorder

Comparator: Information control **Outcome**: Depression (self-rated)

		CCBT		Informa	ation co	ntrol	;	Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Raı	ndom	95% (CI
Klein 2006	4.9	6.2	19	9.8	9.6	18	64.1%	-0.60 [-1.26, 0.06]			\vdash		
Richards 2006	-6.04	18.79	12	2.43	9.27	9	35.9%	-0.52 [-1.41, 0.36]			+		
Total (95% CI)			31			27	100.0%	-0.57 [-1.10, -0.04]		4			
Heterogeneity: Tau ² =	0.00; Ch	ni² = 0.0	2, df = 1	I (P = 0.9	0); I ² = 0	%		-	- 2	- 1	-	1	2
Test for overall effect:	Z = 2.12	(P = 0.	03)						_	•	•	avours	info control

1.9 CCBT for panic disorder

Comparator: Information control

Outcome: Quality of life (psychological)

	CCBT Information control				ntrol		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
2.7.1 QOL (Psycholo	gical)								
Richards 2006	-7.24	26.66	12	-0.17	26.87	9	100.0%	-0.25 [-1.12, 0.61]	
Subtotal (95% CI)			12			9	100.0%	-0.25 [-1.12, 0.61]	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.57	(P = 0.	57)						
									2 1 0 1 2
									-2 -1 0 1 2
									Favours CCBT Favours CCBT (extra component)

1.10 CCBT for panic disorder

Comparator: Information control **Outcome**: Non-panic-free status

	CCBT		Information control		Risk Ratio	Risk	Ratio
Study or Subgroup	Events T	otal	Events Tota	I Weigh	t M-H, Random, 95% C	I M-H, Rand	lom, 95% CI
Klein 2006 (1)	5	19	17 18	3 54.5%	0.28 [0.13, 0.60]	-	
Richards 2006 (2)	4	12	8 9	45.59	0.38 [0.16, 0.86]	-	
Total (95% CI)		31	27	100.0%	6 0.32 [0.18, 0.56]	•	
Total events	9		25				
Heterogeneity: Tau ² =	0.00; Chi ² =	0.27	, $df = 1 (P = 0.60); I^2 =$	0%		0.01 0.1	
Test for overall effect:	Z = 3.99 (P ·	< 0.0	001)			0.01 0.1 Favours CCBT	

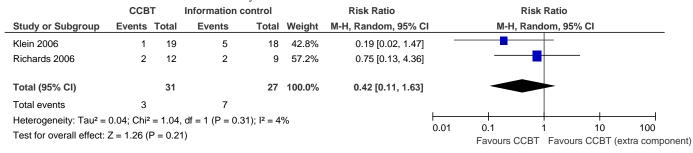
⁽¹⁾ taken at 5th week (1 wk before post assessment)

⁽²⁾ taken at 7th week (1 wk before post assessment)

1.11 CCBT for panic disorder

Comparator: Information control

Outcome: Discontinuation due to any reason



1.12 CCBT for panic disorder

Comparator: Any control (waitlist control or information control)

Outcome: Anxiety (self-rated)

	(CCBT		any	contr	ol		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Carlbring 2001	9.8	8.4	21	21.2	10.4	20	25.3%	-1.19 [-1.86, -0.52]	
Carlbring 2006	8.5	5.5	30	19.6	9.9	30	27.1%	-1.37 [-1.93, -0.80]	
Klein 2006	11.48	10.4	19	15.31	9.1	18	25.7%	-0.38 [-1.03, 0.27]	
Richards 2006	17.08	13.8	12	13.33	6.7	9	21.9%	0.32 [-0.55, 1.19]	
Total (95% CI)			82			77	100.0%	-0.70 [-1.41, 0.01]	•
Heterogeneity: Tau ² =	0.40; Cl	ni² = 13	3.03, df	= 3 (P	= 0.00	5); I ² =	77%		
Test for overall effect:	7 = 1 94	(P = (05)	,		,			-4 -2 0 2 4
Tool for overall effect.	_ = 1.55	· · · - ·	J.00)						Favours CCBT Favours contro

1.13 CCBT for panic disorder

Comparator: Any control (waitlist control or information control)

Outcome: Depression (self-rated)

		CCBT			contr	ol		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Carlbring 2001	5	3.6	21	12.1	7.7	20	23.5%	-1.17 [-1.84, -0.50]	
Carlbring 2006	9.1	8.4	30	14.4	9	30	39.0%	-0.60 [-1.12, -0.08]	
Klein 2006	4.9	6.2	19	9.8	9.6	18	24.0%	-0.60 [-1.26, 0.06]	-
Richards 2006	-6.04	18.79	12	2.43	9.27	9	13.5%	-0.52 [-1.41, 0.36]	
Total (95% CI)			82			77	100.0%	-0.72 [-1.05, -0.40]	•
Heterogeneity: Tau ² =	0.00; Cł	ni² = 2.2	6, df =	3 (P = 0	.52); l ²	² = 0%			-2 -1 0 1 2
Test for overall effect:	Z = 4.38	(P < 0.	0001)						Favours CCBT Favours control

1.14 CCBT for panic disorder

Comparator: Any control (waitlist control or information control)

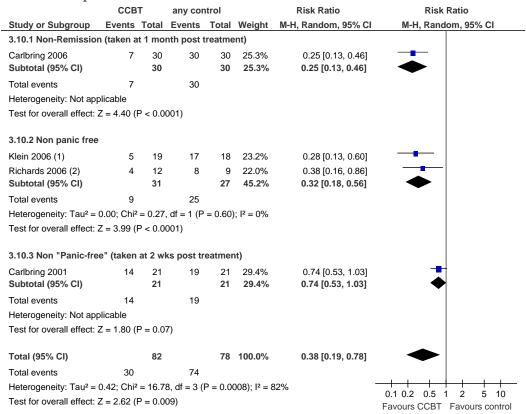
Outcome: Quality of life (psychological)

	,	ССВТ	1 2	any	y contro	ol		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Carlbring 2001	-2.2	1.2	21	-1.3	1.2	20	32.6%	-0.74 [-1.37, -0.10]	
Carlbring 2006	-1.8	1.6	30	-1.1	1.6	30	50.0%	-0.43 [-0.94, 0.08]	
Richards 2006	-7.24	26.66	12	-0.17	26.87	9	17.4%	-0.25 [-1.12, 0.61]	
Total (95% CI)			63			59	100.0%	-0.50 [-0.86, -0.14]	•
Heterogeneity: Tau ² = Test for overall effect:				2 (P = 0).64); l²	= 0%			-2 -1 0 1 2 Favours CCBT Favours control

1.15 CCBT for panic disorder

Comparator: Any control (waitlist control or information control)

Outcome: Non-panic-free status



⁽¹⁾ taken at 5th week (1 wk before post assessment)

1.16 CCBT for panic disorder

Comparator: Any control (waitlist control or information control)

Outcome: Discontinuation due to any reason

5 4.000 21.0 1 2 10001		011 011		,			
	CCB	Т	any co	ntrol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% CI
Carlbring 2001	4	21	1	20	24.0%	3.81 [0.46, 31.23]	 • • • • • • • • • • • • • • • • • • •
Carlbring 2006	1	30	2	30	20.3%	0.50 [0.05, 5.22]	
Klein 2006	1	19	5	18	24.9%	0.19 [0.02, 1.47]	
Richards 2006	2	12	2	9	30.8%	0.75 [0.13, 4.36]	
Total (95% CI)		82		77	100.0%	0.72 [0.22, 2.40]	•
Total events	8		10				
Heterogeneity: Tau ² =	0.41; Chi ²	= 4.14	, df = 3 (P	= 0.25); I ² = 27%	i	+ + + + + +
Took for averall offers	7 052/	D 06	·O)				0.01 0.1 1 10 100
Test for overall effect:	Z = 0.53 (P = 0.6	0)				Favours CCBT Favours control

⁽²⁾ taken at 7th week (1 wk before post assessment)

1.17 CCBT for panic disorder

Comparator: Traditional face-to-face CBT

Outcome: Anxiety (self-rated)

	(CCBT		Face t	o face	CBT	;	Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Ran	dom, 95%	6 CI	
Kiropoulos 2008	2.95	1.48	42	2.44	1.5	38	55.6%	0.34 [-0.10, 0.78]			+-	-	
Carlbring 2005	10.9	7.1	25	12.3	7.7	24	44.4%	-0.19 [-0.75, 0.38]		-	-		
Total (95% CI)			67			62	100.0%	0.11 [-0.41, 0.62]		4			
Heterogeneity: Tau ² = Test for overall effect:	,		,	= 1 (P = 0	.15); l²	= 52%				-1 Favours CCB	0 T Favou	1 Irs Face	2 e to Face CBT

1.18 CCBT for panic disorder

Comparator: Traditional face to face CBT **Outcome**: Anxiety (self-rated) at follow-up

	CCBT			Face to face CBT				Std. Mean Difference	Std. Mea	erence				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Ran	dom, 9	5% CI		
Carlbring 2005	10.7	7.9	25	12.3	10.1	24		-0.17 [-0.74, 0.39]	,		+			
										-1	0	1	2	
										Favoure CCB	T Fav	ours Face	to Face C	RT

1.19 CCBT for panic disorder

Comparator: Traditional face to face CBT

Outcome: Depression (self-rated)

	(Face t	o face	CBT	;	Std. Mean Difference	Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI				
Kiropoulos 2008	2.18	1.92	45	1.87	1.63	39	63.0%	0.17 [-0.26, 0.60]			-	-		
Carlbring 2005	-5.2	9.54	25	-5.7	11.4	24	37.0%	0.05 [-0.51, 0.61]				-		
Total (95% CI)			70			63	100.0%	0.13 [-0.22, 0.47]			•			
Heterogeneity: Tau ² = Test for overall effect:	-2 Fa	-1 vours CC	0 BT Fav	1 ours Fa	2 ce to face CBT									

1.20 CCBT for panic disorder

Comparator: Traditional face-to-face CBT **Outcome**: Depression (self-rated) at follow-up

	CCBT				to face	CBT		Std. Mean Difference	Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI						
Carlbring 2005	-5.6	9.49	25	-7.1	11.22	24	100.0%	0.14 [-0.42, 0.70]				_			
Total (95% CI)			25			24	100.0%	0.14 [-0.42, 0.70]				-			
Heterogeneity: Not ap Test for overall effect:	•		0.62)					_	-2 Fa	-1 vours CC	0 BT Fav	1 ours Fac	2 te to face CBT		

1.21 CCBT for panic disorder

Comparator: Traditional face-to-face CBT **Outcome**: Quality of life (psychological)

	C	CBT		Face	to face	CBT		Std. Mean Difference		Std. Me	an Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Rai	ndom, 95	% CI	
5.7.1 QOL (Psycholo	gical)												
Carlbring 2005	-0.6	2.2	25	-0.8	2.19	24	38.6%	0.09 [-0.47, 0.65]			-		
Kiropoulos 2008	-5.33	20.4	40	-7.35	23.53	38	61.4%	0.09 [-0.35, 0.54]			-		
Subtotal (95% CI)			65			62	100.0%	0.09 [-0.26, 0.44]					
Heterogeneity: Tau ² =	0.00; Ch	$ni^2 = 0.$	00, df =	1 (P =	1.00); l²	= 0%							
Test for overall effect:	Z = 0.51	(P = 0	0.61)										
								_			<u> </u>	+	
									-2	-1	0	1	2
									Favo	ours CCI	BT Favo	urs Fa	ce to fac

1.22 CCBT for panic disorder

Comparator: Traditional face-to-face CBT

Outcome: Quality of life (psychological) at follow-up

		Face t	o face	CBT	;	Std. Mean Difference	Std. Mean Difference							
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Raı	ndom, 9	5% CI		
Carlbring 2005	-0.5	2.2	25	-0.8	2.06	24	100.0%	0.14 [-0.42, 0.70]				_		
Total (95% CI)			25			24	100.0%	0.14 [-0.42, 0.70]			*	-		
Heterogeneity: Not ap Test for overall effect	•		0.63)					_	-2 Fav	-1 ours CCE	0 BT Fav	1 /ours F	2 ace to fa	— ce CBT

1.23 CCBT for panic disorder

Comparator: Traditional face to face CBT

Outcome: Non-panic-free status

	CCB	Т	Face to fac	e CBT		Risk Ratio		R	lisk Ratio	0	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI		M-H, R	andom,	95% CI	
Carlbring 2005 (1)	5	25	8	24	17.6%	0.60 [0.23, 1.58]		-	•		
Kiropoulos 2008 (2)	30	46	25	40	82.4%	1.04 [0.76, 1.44]			-		
Total (95% CI)		71		64	100.0%	0.95 [0.61, 1.46]			•		
Total events	35		33								
Heterogeneity: Tau ² =	0.03· Chi2	= 1 24	df = 1 (P = 0)) 27)· l² =	19%		$\overline{}$	-	-+	-	
0 ,	,		,	,. <u>_</u> ,,,	1070		0.05	0.2	1	5	20
Test for overall effect:	Z = 0.25 (I	P = 0.8	0)				Fa	vours CC	BT Fav	ours Fac	ce to face CBT

- (1) taken at 1 month after treatment ended
- (2) taken at post treatment assessment

1.24 CCBT for panic disorder

Comparator: Traditional face-to-face CBT **Outcome**: Discontinuation due to any reason

	CCB	T	Face to fac	e CBT		Risk Ratio		F	Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C		M-H, F	Random, 9	5% CI	
Carlbring 2005	3	25	3	24	52.8%	0.96 [0.21, 4.30]			+	_	
Kiropoulos 2008	5	46	2	40	47.2%	2.17 [0.45, 10.60]		-			_
Total (95% CI)		71		64	100.0%	1.41 [0.48, 4.20]				-	
Total events	8		5								
Heterogeneity: Tau ² =	0.00; Chi ²	= 0.54	, df = 1 (P = 0)).46); l² =	: 0%		0.05	0.2	1	 5	
Test for overall effect:	Z = 0.62 (P = 0.5	3)						BT Favoi	-	to face CBT