

Appendix 18b: High-intensity psychological interventions GRADE evidence profiles

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CBT versus comparator for GAD

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 versus waitlist control (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 versus applied relaxation (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 versus 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 versus non-directive therapy (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 versus non-directive therapy (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 versus other active treatment (anxiety management) (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 versus 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 versus waitlist control (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 versus applied relaxation (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 versus 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 versus non-directive therapy (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 versus non-directive therapy (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 versus waitlist control												
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 versus waitlist control												
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 versus applied relaxation												
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 versus non-directive therapy (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 versus other active treatment (enhanced usual care)												
1	Randomised	No serious	No serious	No serious	Serious ¹	None	32/70	33/64	RR 0.89	57 fewer per 1000	⊕⊕⊕○	

	trials	limitations	inconsistency	indirectness			(45.7%)	(51.6%)	(0.63 to 1.26)	(from 191 fewer to 134 more)	MODERATE	
								62.3%		69 fewer per 1000 (from 231 fewer to 162 more)		
Anxiety (clinician-rated) - CBT versus other active treatment (anxiety management) (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 versus waitlist control (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 versus waitlist control (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 versus applied relaxation (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 versus applied relaxation (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 versus non-directive therapy (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 versus other active treatments - anxiety management (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 versus 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 versus 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 versus other active treatments - enhanced usual care (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 versus waitlist control (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 versus applied relaxation (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 versus 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 versus other active treatments - enhanced usual care (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 versus waitlist control (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 versus 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 versus other active treatments - enhanced usual care (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 versus 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 versus non-directive therapy (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 versus 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)	⊕⊕○○ LOW	

										more)		
Anxiety (clinician-rated) - CBT versus 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 versus non-directive therapy (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 versus non-directive therapy (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 versus 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 versus non-directive therapy (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 versus non-directive therapy (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 versus 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 0.17 lower (0.82 lower to 0.49 higher)	⊕⊕○○ LOW	
QOL - CBT versus other active treatments - enhanced usual care (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 versus 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 versus 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 versus applied relaxation												
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	⊕⊕○○ LOW	

										(from 204 fewer to 225 more)		
Non-remission - CBT versus other active treatment - discussion group												
1	Randomised trials	Serious ³	No serious inconsistency	No serious indirectness	Serious ¹	None	12/26 (46.2%)	13/26 (50%)	RR 0.92 (0.52 to 1.63)	40 fewer per 1000 (from 240 fewer to 315 more)	⊕⊕○○ LOW	
								50%				40 fewer per 1000 (from 240 fewer to 315 more)
Discontinuation due to any reason - CBT versus waitlist control												
12	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	43/258 (16.7%)	31/258 (12%)	RR 1.4 (0.7 to 2.79)	48 more per 1000 (from 36 fewer to 215 more)	⊕⊕⊕⊕ HIGH	
								8.7%				35 more per 1000 (from 26 fewer to 156 more)
Discontinuation due to any reason - CBT versus applied relaxation												
8	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness	No serious imprecision	None	21/172 (12.2%)	29/162 (17.9%)	RR 0.75 (0.43 to 1.31)	45 fewer per 1000 (from 102 fewer to 55 more)	⊕⊕⊕⊕ HIGH	
								17.4%				43 fewer per 1000 (from 99 fewer to 54 more)
Discontinuation due to any reason - CBT versus non-directive therapy												
2	Randomised trials	Serious ^{3,10}	No serious inconsistency	Serious ¹¹	Serious ¹	None	12/49 (24.5%)	9/40 (22.5%)	RR 1.02 (0.49 to 2.12)	4 more per 1000 (from 115 fewer to 252 more)	⊕○○○ VERY LOW	
								22.5%				4 more per 1000 (from 115 fewer to 252 more)
Discontinuation due to any reason - CBT versus psychodynamic therapy												
2	Randomised trials	No serious limitations	No serious inconsistency	No serious indirectness ²	Serious ¹	None	6/69 (8.7%)	12/73 (16.4%)	RR 0.54 (0.21 to 1.36)	76 fewer per 1000 (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 versus other active treatments - anxiety management												
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)	⊕⊕○○ LOW	
								24%				139 fewer per 1000

										(from 209 fewer to 79 more)		
Discontinuation due to any reason - CBT versus other active treatments - enhanced usual care												
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 versus other active treatments - discussion group												
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)	⊕⊕○○ 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 weeks and control is average of 30 weeks

³ High attrition bias and completer 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 behaviour therapy

¹⁰ High detection bias

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

Health economic profile

Individual CBT versus waiting list							
Study & country	Limitations	Applicability	Other comments	Incremental cost (£) ¹	Incremental effect	ICER (£/effect)	Uncertainty
Guideline analysis UK	Potentially serious limitations ²	Directly applicable ³		£1,125	n/a	n/a	Not estimated
Group CBT versus waiting list							
Study & country	Limitations	Applicability	Other comments	Incremental cost (£) ¹	Incremental effect	ICER (£/effect)	Uncertainty ¹
Guideline analysis UK	Potentially serious limitations ²	Directly applicable ³		£300-350	n/a	n/a	£300-350

¹ Costs expressed in 2009 UK pounds

² Simple cost analysis; only intervention costs considered; resource use estimated based on data reported in RCTs included in the guideline systematic review supported by the GDG expert opinion

³ Cost analysis conducted to assist guideline development; NHS perspective

Applied relaxation versus comparator for GAD

Quality assessment							Summary of findings				Importance	
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No. of patients		Effect			Quality
							Applied relaxation	Comparator	Relative (95% CI)	Absolute		
Anxiety (self-rated) - applied relaxation versus waitlist control (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) - applied relaxation versus non-directive therapy (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) - applied relaxation versus waitlist control (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)	⊕⊕⊕⊕	

										(from 20 fewer to 390 more)		
Discontinuation due to any reason - applied relaxation versus non-directive therapy												
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)	⊕⊕○○ LOW	
								10%		117 more per 1000 (from 53 fewer to 900 more)		

¹ High attrition bias and completer analysis

² 95% confidence interval include no effect

³ Moderate heterogeneity (50-80%)

Health economic profile

Applied relaxation versus waiting list							
Study & country	Limitations	Applicability	Other comments	Incremental cost (£) ¹	Incremental effect	ICER (£/effect)	Uncertainty
Guideline analysis UK	Potentially serious limitations ²	Directly applicable ³		£1,125	n/a	n/a	Not estimated

¹ Costs expressed in 2009 UK pounds

² Simple cost analysis; only intervention costs considered; resource use estimated based on data reported in RCTs included in the guideline systematic review supported by the GDG expert opinion

³ Cost analysis conducted to assist guideline development; NHS perspective

Psychodynamic therapy versus other comparator for GAD

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 (self-rated) - psychodynamic versus active control (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 (self-rated) - psychodynamic versus non-directive therapy (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 (clinician-rated) - psychodynamic versus active control (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 (clinician-rated) - psychodynamic versus non-directive therapy (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 (self-rated) - psychodynamic therapy versus active control (Better indicated by lower values)												
1	Randomised trials	Serious ¹	No serious inconsistency	No serious indirectness	Serious ²	None	29	16	-	SMD 0.24 higher (0.38 lower to 0.85 higher)	⊕⊕○○ LOW	
Depression (self-rated) - psychodynamic versus non-directive therapy (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 (clinician-rated) - psychodynamic versus non-directive therapy (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 versus active control (Better indicated by lower values)												
1	Randomised	Serious ¹	No serious	No serious	Serious ²	None	29	16	-	SMD 0.01 lower	⊕⊕○○	

	trials		inconsistency	indirectness						(0.62 lower to 0.61 higher)	LOW	
Non-remission - psychodynamic versus non-directive therapy												
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%				341 fewer per 1000 (from 551 fewer to 9 more)		
Discontinuation due to any reason- psychodynamic versus 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%				41 fewer per 1000 (from 158 fewer to 257 more)		
Discontinuation due to any reason- psychodynamic versus non-directive therapy												
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%				59 fewer per 1000 (from 119 fewer to 536 more)		

¹ High attrition bias and completer analysis

² 95% confidence interval include no effect

CBT versus waitlist control (subgroup analysis) for GAD

Quality assessment							Summary of findings				Importance	
No. of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No. of patients		Effect			Quality
							CBT	Waitlist control (subgroup analysis)	Relative (95% CI)	Absolute		
Anxiety (self-rated) - CBT versus waitlist control (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 versus waitlist control (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 versus waitlist control (individual 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 versus waitlist control (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 versus waitlist control (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 versus waitlist control (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 versus waitlist control (individual 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 versus waitlist control (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 versus waitlist control (adults) (Better indicated by lower values)												
7	Randomised	No serious	Serious ²	No serious	No serious	None	139	128	-	SMD 0.73 lower (1.13	⊕⊕⊕○	

	trials	limitations		indirectness	imprecision					to 0.33 lower)	MODERATE	
Depression (self-rated) - CBT versus waitlist control (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 versus waitlist control (individual 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 versus waitlist control (adults)												
3	Randomised trials	No serious limitations	Serious ⁴	Serious ³	No serious imprecision	None	32/65 (49.2%)	56/65 (86.2%)		RR 0.62 (0.41 to 0.94)	⊕⊕⊕⊕ LOW	327 fewer per 1000 (from 52 fewer to 508 fewer) 309 fewer per 1000 (from 49 fewer to 480 fewer)
Depression (self-rated) - CBT versus waitlist control (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 versus waitlist control (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 versus waitlist control (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 versus waitlist control (individual 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 versus waitlist control (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 versus waitlist control (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 versus waitlist control (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 versus waitlist control (individual 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 versus waitlist control (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 versus waitlist control (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 versus waitlist control (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 versus waitlist control (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%)