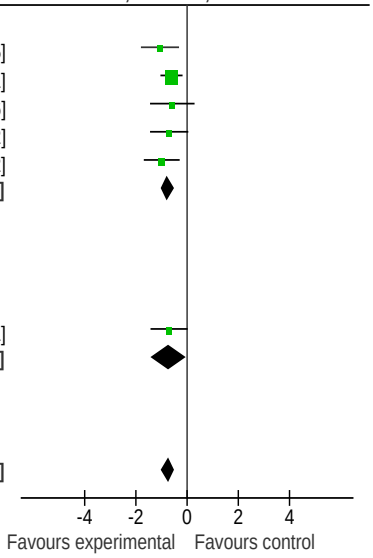
1 Pure self help

1.1 Pure self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Anxiety (self rated) outcome

Study or Subgroup	Pure self help Mean	SD	Total	inactive control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
4.5.2 versus WLC								
Bowman1997	19.53	8.16	17	29.06	9.34	18	12.4%	-1.06 [-1.77, -0.35]
Houghton2008 (1)	-8	8.6023253	50	-2	10.816654	50	39.2%	-0.61 [-1.01, -0.21]
Kassinove1980	45.9	6.9	11	51.8	11.9	12	9.0%	-0.58 [-1.42, 0.26]
Tarrier1986	16.86	2.38	36	18.5	2	10	12.3%	-0.70 [-1.41, 0.02]
White1995	9.9	4	21	13.9	3.9	18	14.0%	-0.99 [-1.66, -0.32]
Subtotal (95% CI)			**135**			**108**	**87.0%**	**-0.74 [-1.01, -0.48]**
Heterogeneity: Tau² = 0.00; Chi² = 1.87, df = 4 (P = 0.76); I² = 0%								
Test for overall effect: Z = 5.41 (P < 0.00001)								
4.5.3 versus TAU								
Maunder2009	10.89	4.1	18	13.87	4.19	16	13.0%	-0.70 [-1.40, -0.01]
Subtotal (95% CI)			**18**			**16**	**13.0%**	**-0.70 [-1.40, -0.01]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.98 (P = 0.05)								
Total (95% CI)			**153**			**124**	**100.0%**	**-0.74 [-0.99, -0.49]**
Heterogeneity: Tau² = 0.00; Chi² = 1.88, df = 5 (P = 0.86); I² = 0%								
Test for overall effect: Z = 5.76 (P < 0.00001)								



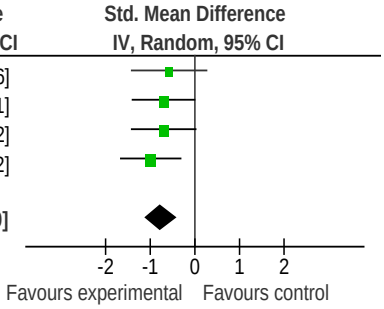
(1) change score

1.2 Pure self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Anxiety (self rated) outcome

Study or Subgroup	Pure self help Mean	SD	Total	inactive control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Kassinove1980	45.9	6.9	11	51.8	11.9	12	18.6%	-0.58 [-1.42, 0.26]
Maunder2009 (1)	10.89	4.1	18	13.87	4.19	16	26.9%	-0.70 [-1.40, -0.01]
Tarrier1986	16.86	2.38	36	18.5	2	10	25.5%	-0.70 [-1.41, 0.02]
White1995	9.9	4	21	13.9	3.9	18	29.0%	-0.99 [-1.66, -0.32]
Total (95% CI)			**86**			**56**	**100.0%**	**-0.76 [-1.12, -0.40]**
Heterogeneity: Tau² = 0.00; Chi² = 0.69, df = 3 (P = 0.88); I² = 0%								
Test for overall effect: Z = 4.13 (P < 0.0001)								

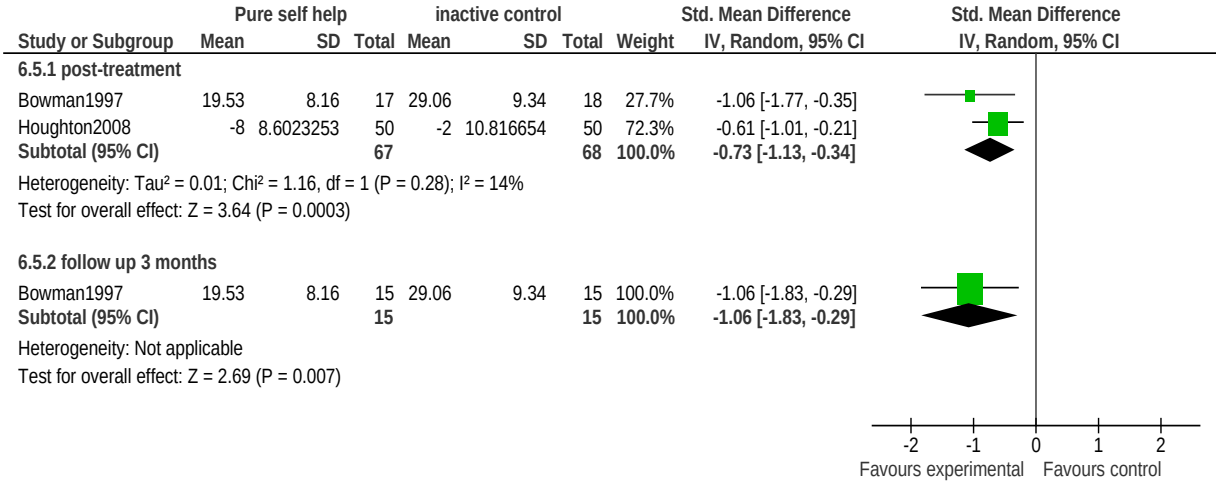


(1) TAU

1.3 Pure self help in pure GAD population

Comparator: Waitlist control (WLC)

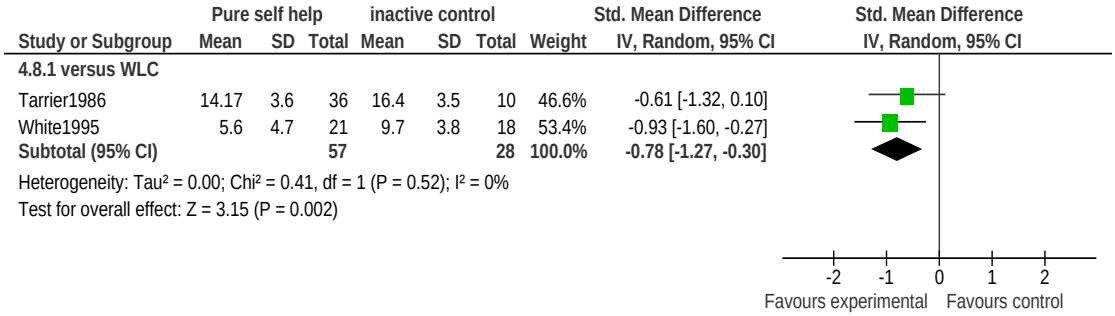
Outcome: Anxiety (self rated) outcome



1.4 Pure self help in mixed anxiety population

Comparator: Waitlist control (WLC)

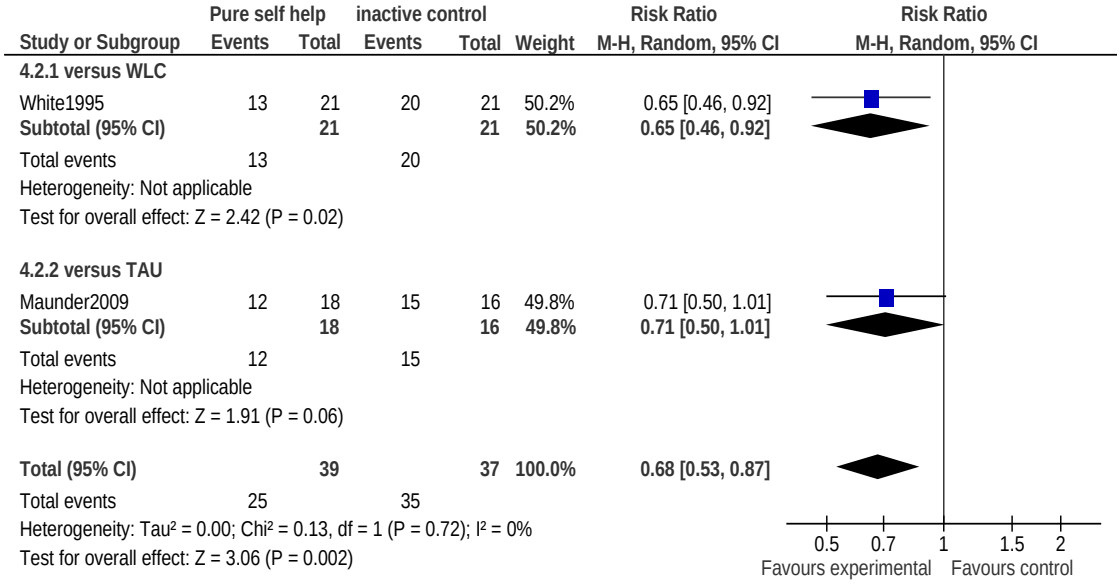
Outcome: Depression (self rated) outcome



1.5 Pure self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

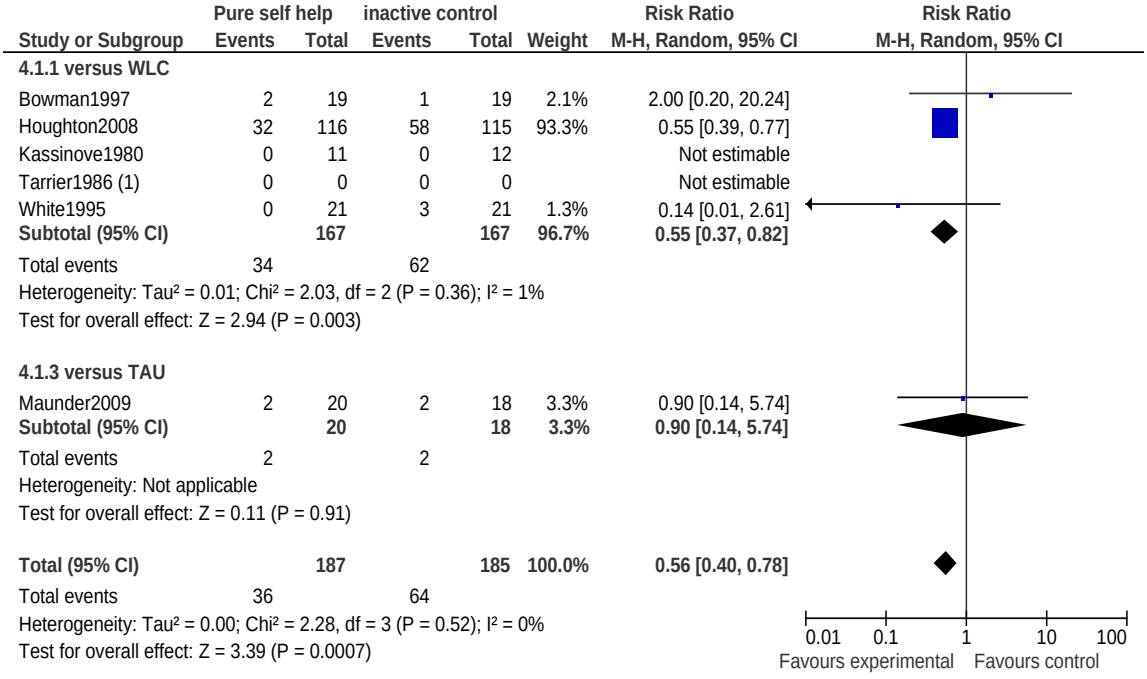
Outcome: Non remission outcome



1.6 Pure self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Drop outs



(1) Not reported

1.7 Pure self help in mixed anxiety population

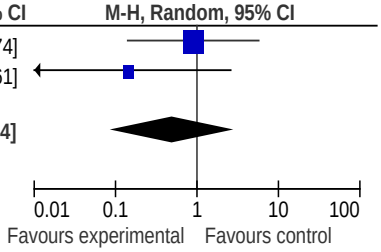
Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Drop outs

Study or Subgroup	Pure self help Events	Total	inactive control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
Maunder2009 (1)	2	20	2	18	68.0%	0.90 [0.14, 5.74]
White1995	0	21	3	21	32.0%	0.14 [0.01, 2.61]
Total (95% CI)		**41**		**39**	**100.0%**	**0.50 [0.09, 2.84]**
Total events	2		5			

Heterogeneity: Tau² = 0.26; Chi² = 1.17, df = 1 (P = 0.28); I² = 14%

Test for overall effect: Z = 0.78 (P = 0.43)



(1) TAU

1.8 Pure self help in pure GAD population

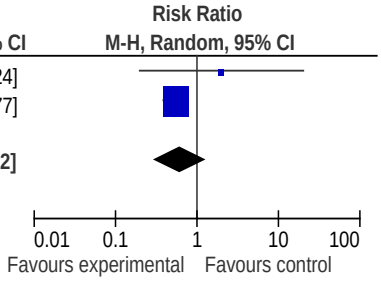
Comparator: Waitlist control (WLC)

Outcome: Drop outs

Study or Subgroup	Pure self help Events	Total	inactive control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
Bowman1997	2	19	1	19	9.7%	2.00 [0.20, 20.24]
Houghton2008	32	116	58	115	90.3%	0.55 [0.39, 0.77]
Total (95% CI)		**135**		**134**	**100.0%**	**0.62 [0.29, 1.32]**
Total events	34		59			

Heterogeneity: Tau² = 0.13; Chi² = 1.19, df = 1 (P = 0.28); I² = 16%

Test for overall effect: Z = 1.24 (P = 0.22)

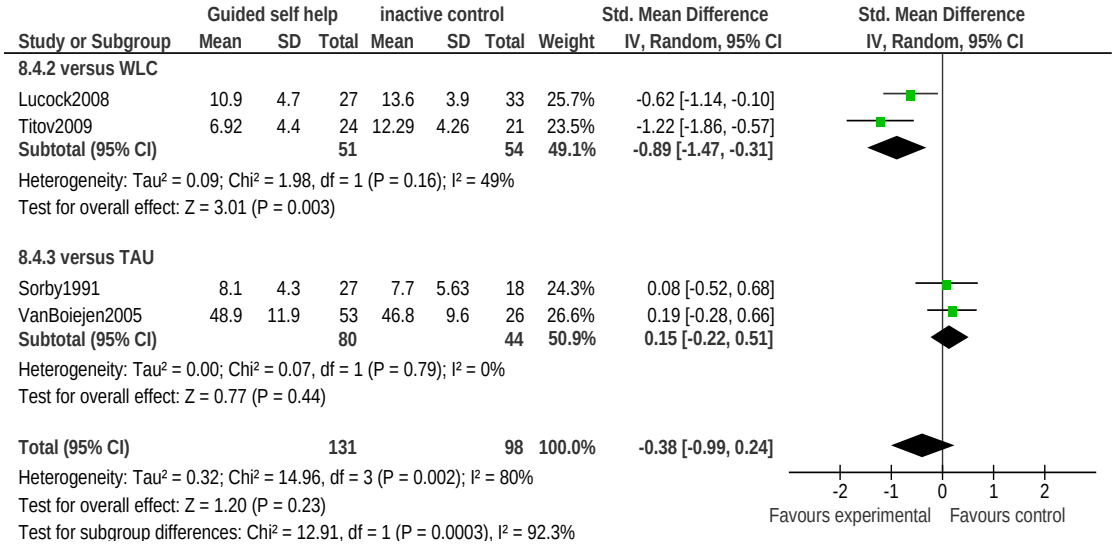


2 Guided self help

2.1 Guided self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

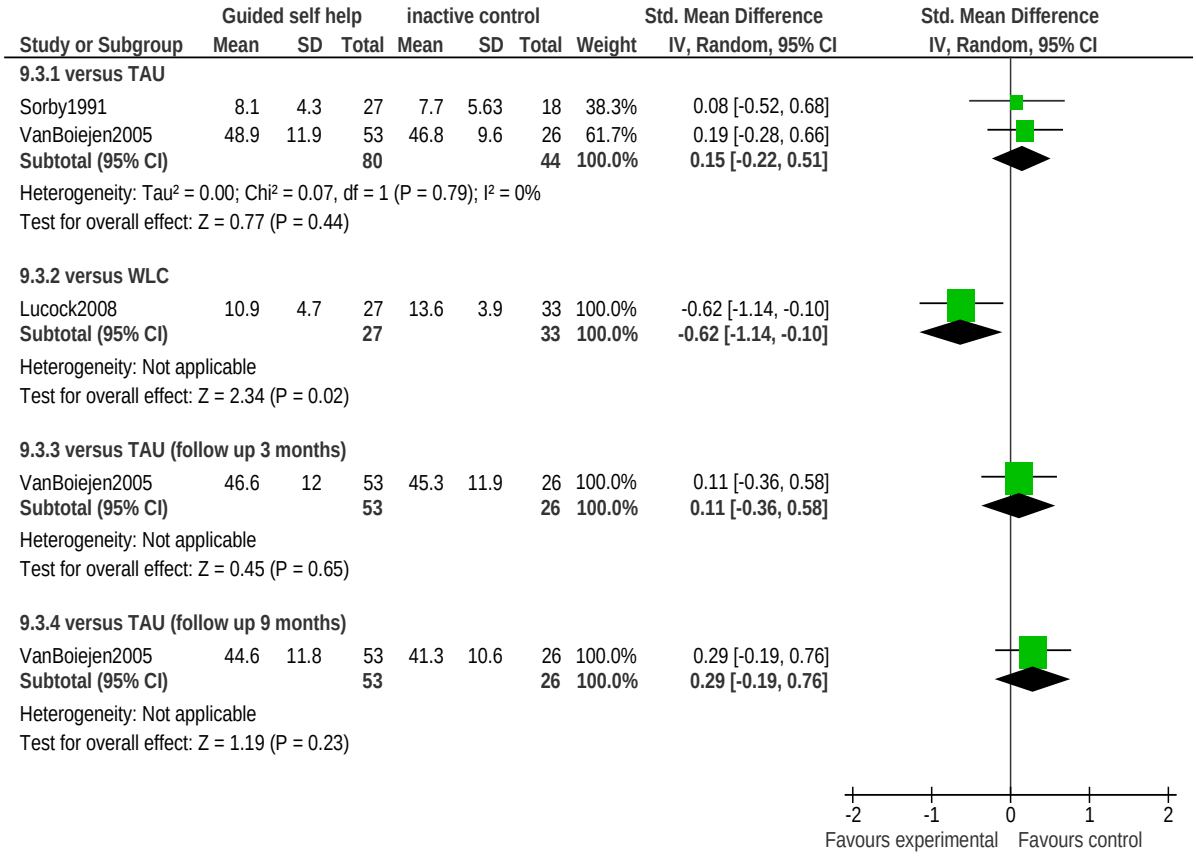
Outcome: Anxiety (self-rated) outcome



2.2 Guided self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

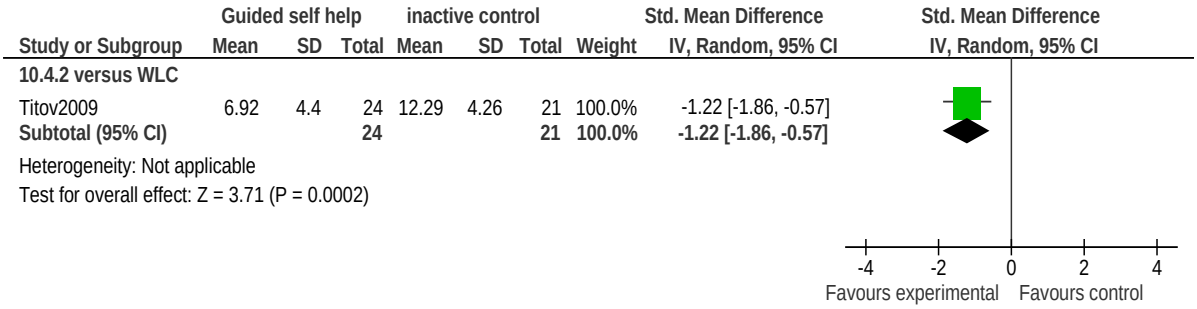
Outcome: Anxiety (self-rated) outcome



2.3 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

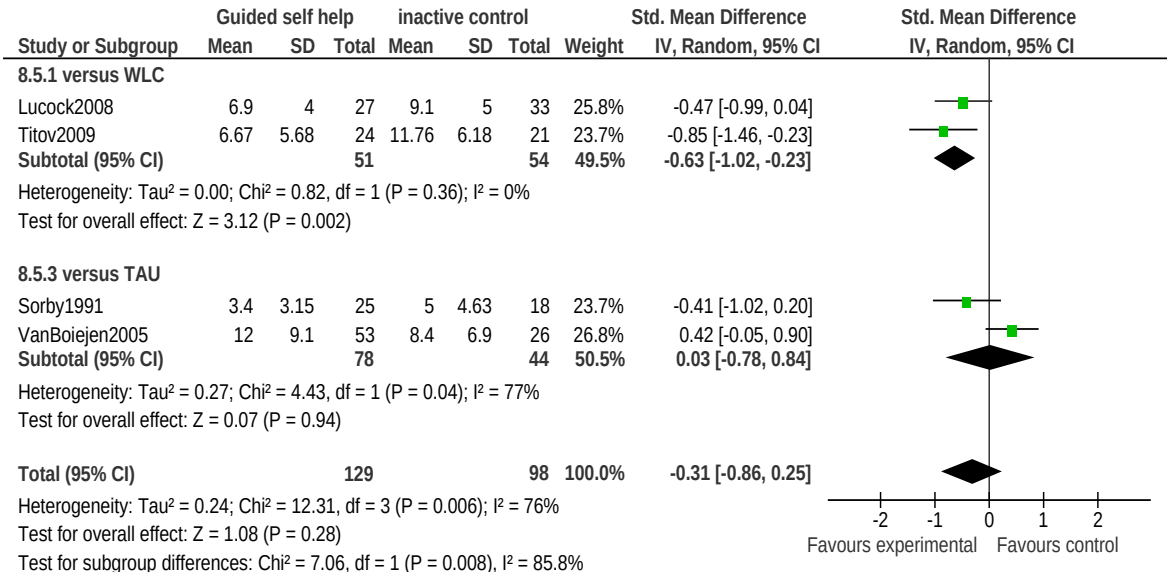
Outcome: Anxiety (self-rated) outcome



2.4 Guided self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

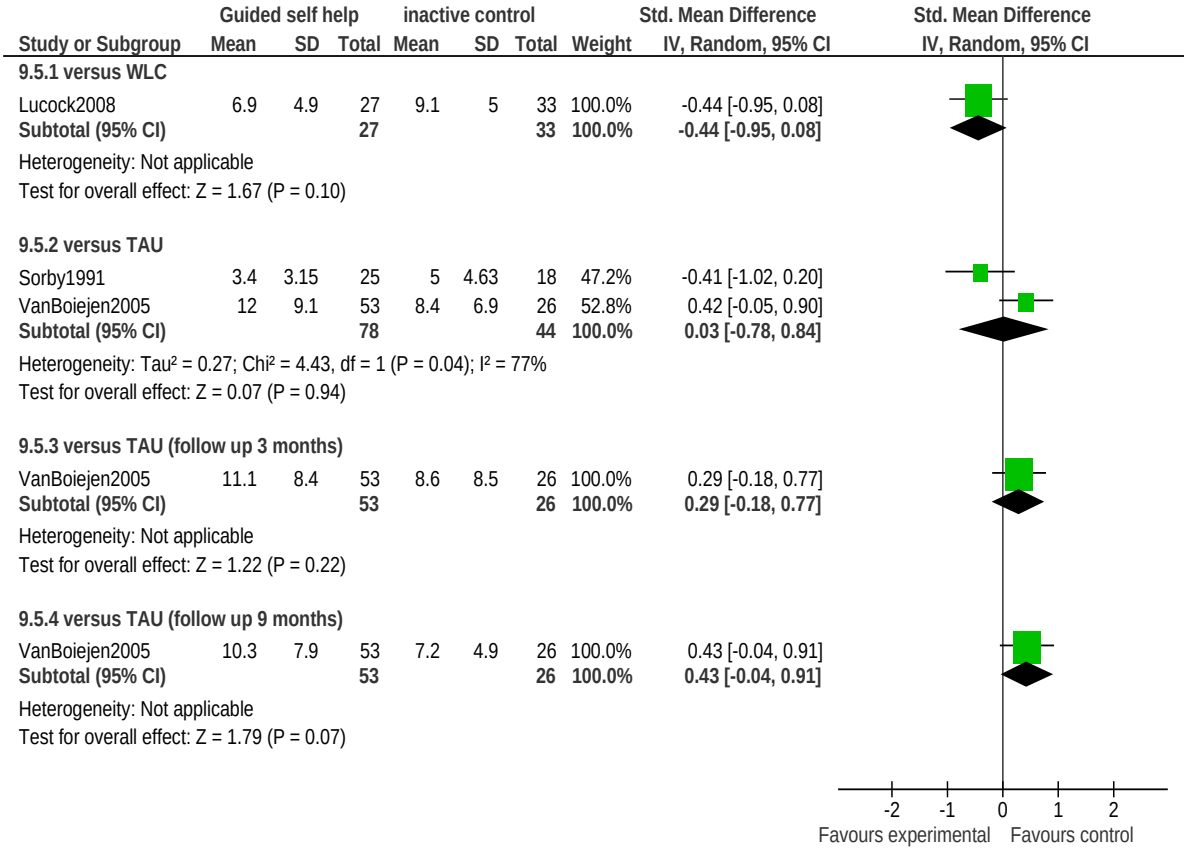
Outcome: Depression (self-rated) outcome



2.5 Guided self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

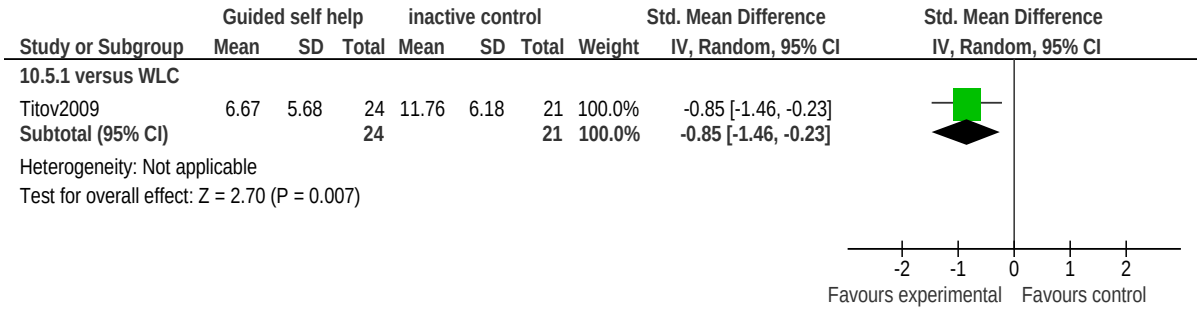
Outcome: Depression (self-rated) outcome



2.6 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

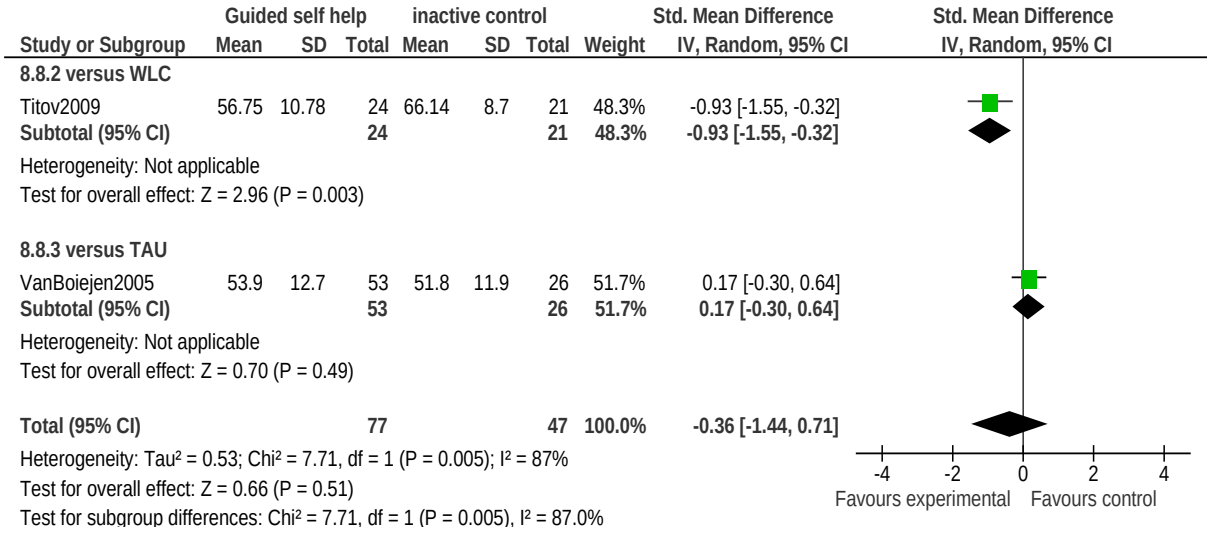
Outcome: Depression (self-rated) outcome



2.7 Guided self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

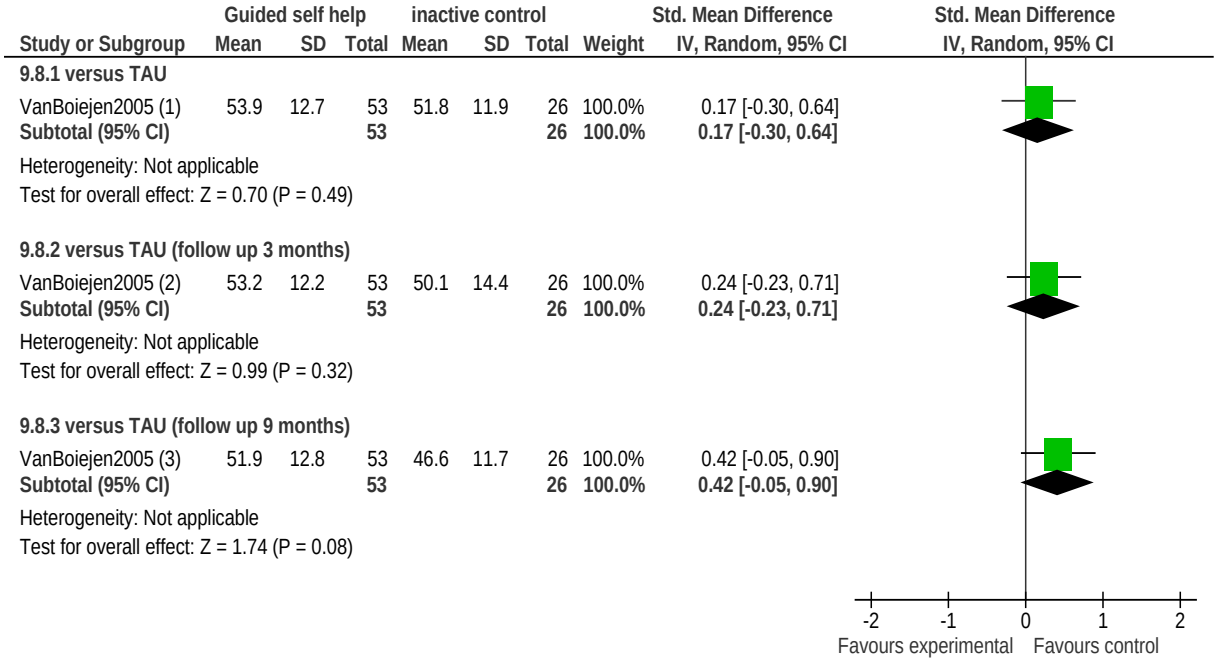
Outcome:Worry outcome



2.8 Guided self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

Outcome: Worry outcome

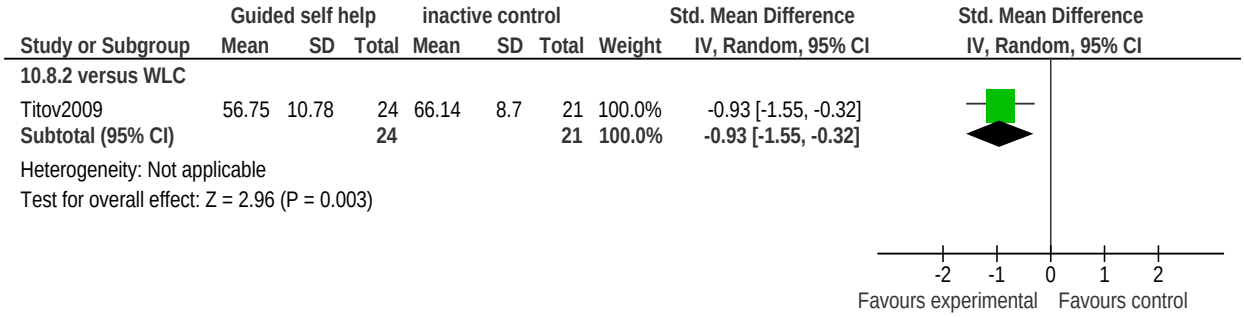


(1) vs TAU
(2) vs TAU, 3 mths
(3) vs TAU, 9 mths

2.9 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome:Worry outcome



2.10 Guided self help in combined population

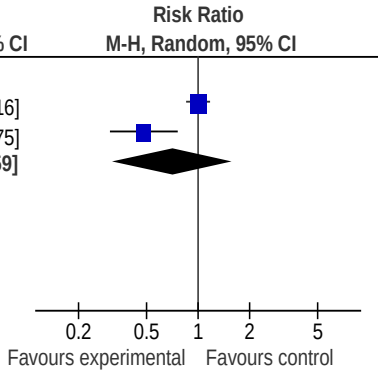
Comparator: Waitlist control (WLC)

Outcome: Non-remission outcome

Study or Subgroup	Guided self help Events	Total	inactive control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
8.2.1 versus WLC						
Lucock2008	42	48	42	48	53.4%	1.00 [0.86, 1.16]
Titov2009	11	24	20	21	46.6%	0.48 [0.31, 0.75]
Subtotal (95% CI)		**72**		**69**	**100.0%**	**0.71 [0.32, 1.59]**
Total events	53		62			

Heterogeneity: Tau² = 0.31; Chi² = 11.83, df = 1 (P = 0.0006); I² = 92%

Test for overall effect: Z = 0.83 (P = 0.41)



2.11 Guided self help in mixed anxiety population

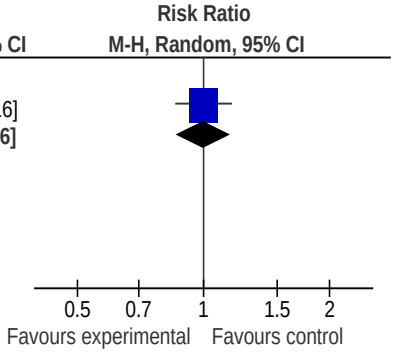
Comparator: Waitlist control (WLC)

Outcome: Non-remission outcome

Study or Subgroup	Guided self help Events	Total	inactive control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
9.2.1 versus WLC						
Lucock2008	42	48	42	48	100.0%	1.00 [0.86, 1.16]
Subtotal (95% CI)		**48**		**48**	**100.0%**	**1.00 [0.86, 1.16]**
Total events	42		42			

Heterogeneity: Not applicable

Test for overall effect: Z = 0.00 (P = 1.00)



2.12 Guided self help in pure GAD population

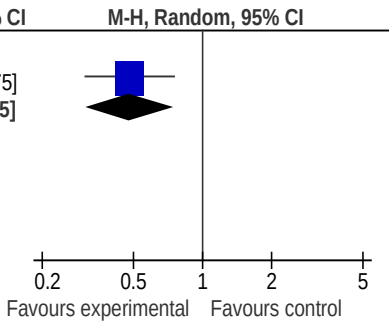
Comparator: Waitlist control (WLC)

Outcome: Non-remission outcome

Study or Subgroup	Guided self help Events	Total	inactive control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
10.2.1 versus WLC						
Titov2009	11	24	20	21	100.0%	0.48 [0.31, 0.75]
Subtotal (95% CI)		**24**		**21**	**100.0%**	**0.48 [0.31, 0.75]**
Total events	11		20			

Heterogeneity: Not applicable

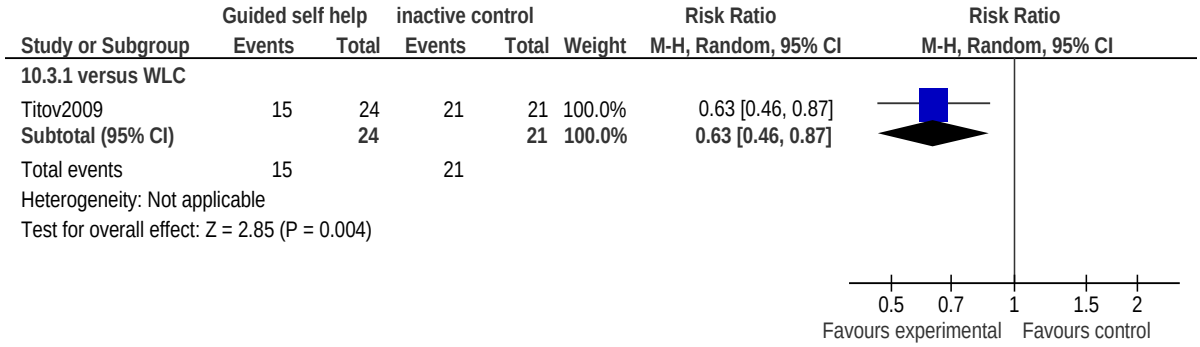
Test for overall effect: Z = 3.22 (P = 0.001)



2.13 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

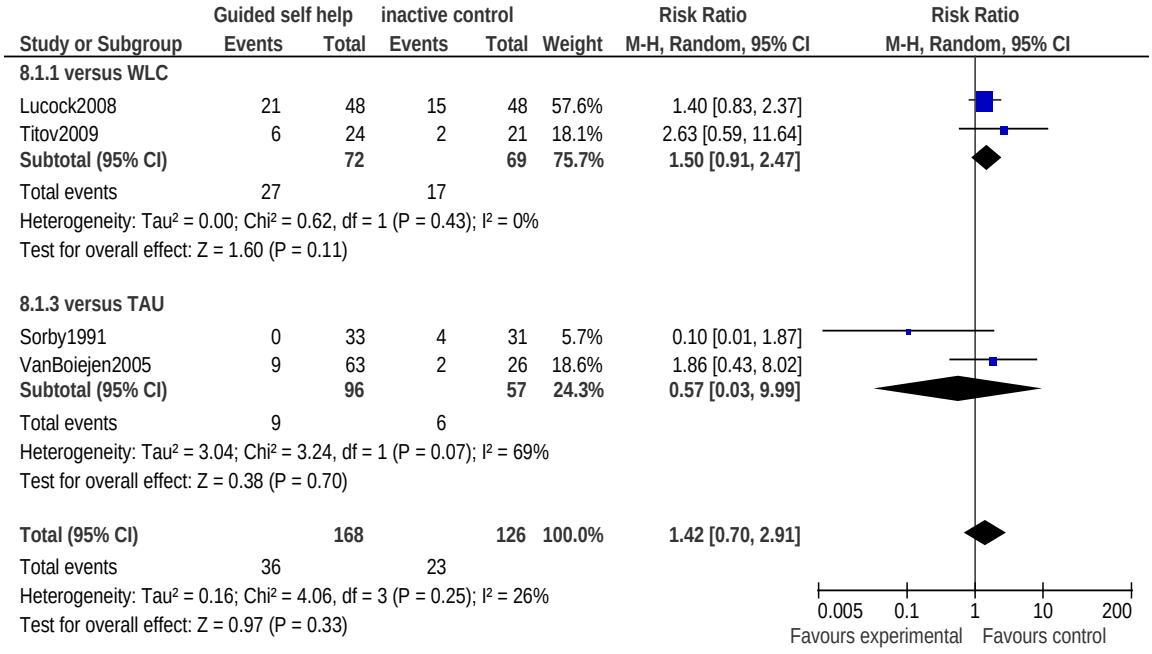
Outcome: Non-response outcome



2.14 Guided self help in combined population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

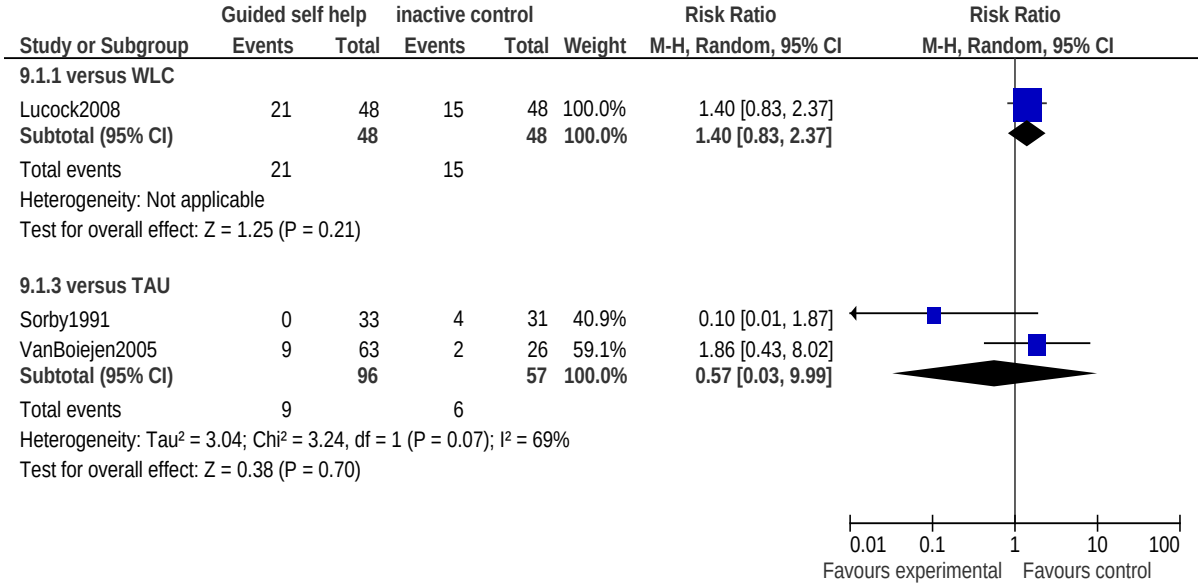
Outcome: Drop out outcome



2.15 Guided self help in mixed anxiety population

Comparator: Waitlist control (WLC); Treatment as usual (TAU)

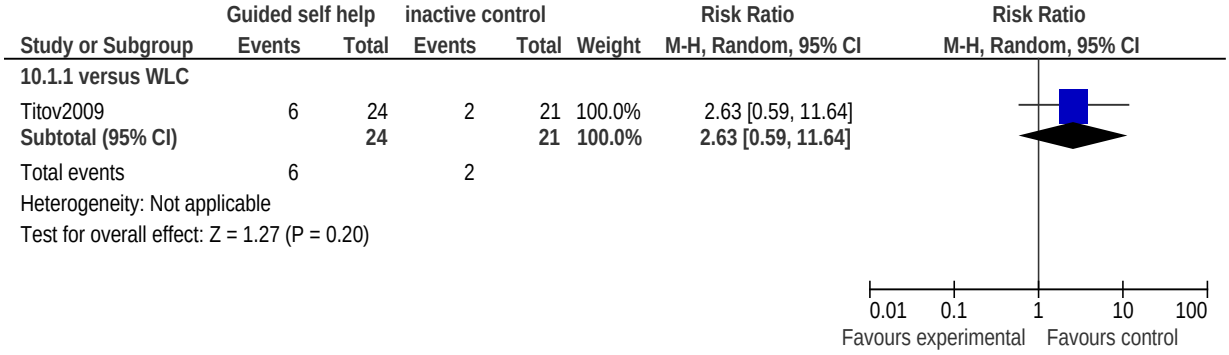
Outcome: Drop out outcome



2.16 Guided self help in pure GAD population

Comparator: Waitlist control (WLC)

Outcome:Drop out outcome

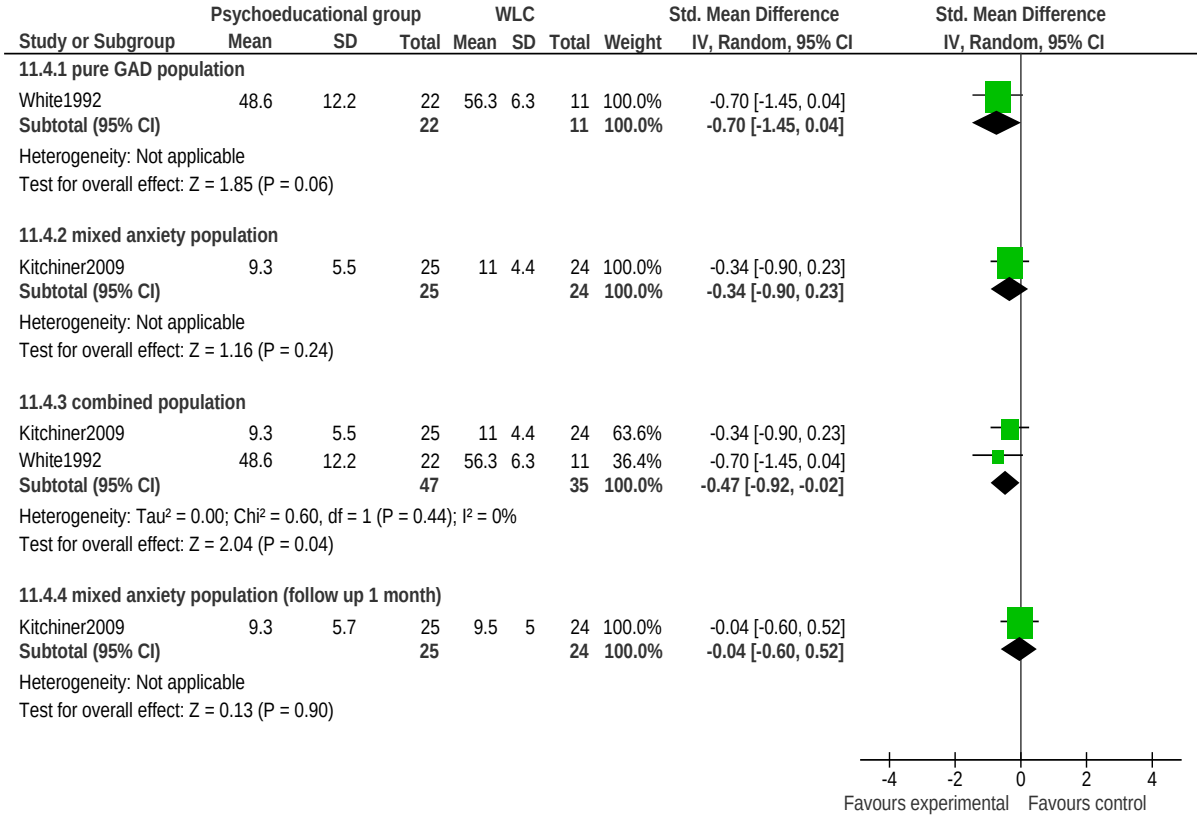


3 Psychoeducational group

3.1 Psychoeducational group in mixed anxiety population

Comparator: Waitlist control (WLC)

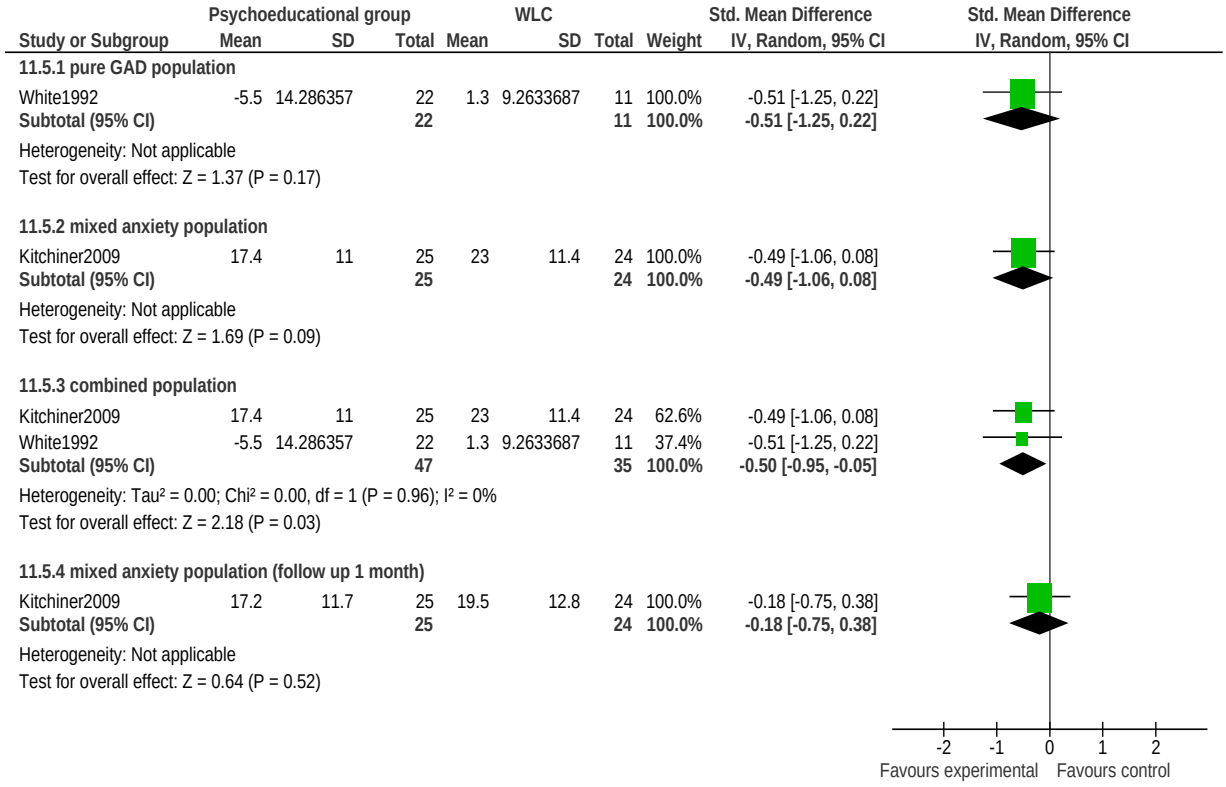
Outcome: Anxiety (self-rated) outcome



3.2 Psychoeducational group in mixed anxiety population

Comparator: Waitlist control (WLC)

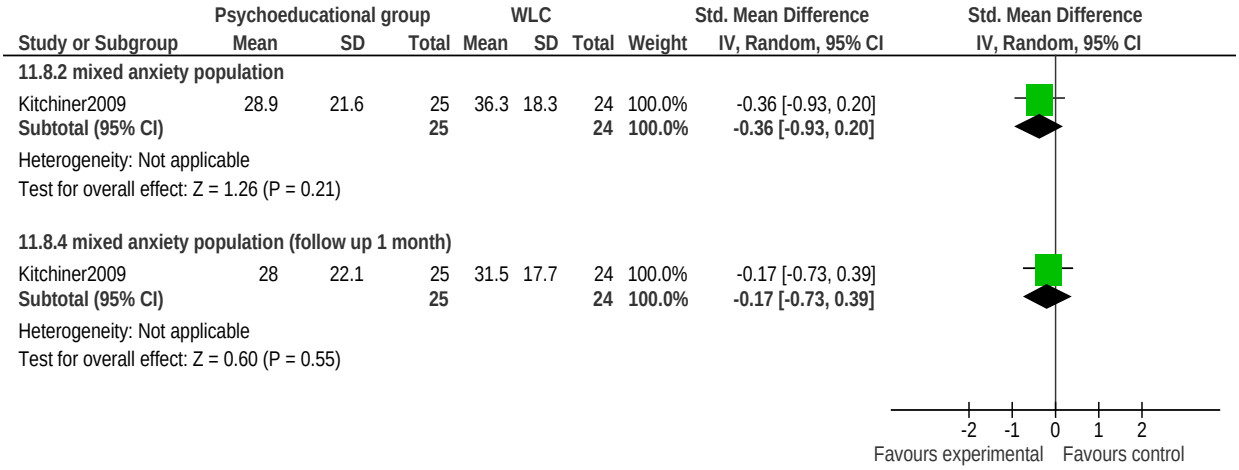
Outcome: Depression (self-rated) outcome



3.3 Psychoeducational group in mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Worry outcome



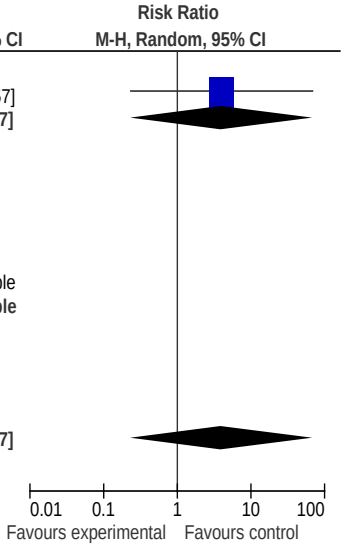
3.4 Psychoeducational group in mixed anxiety population

Comparator: Waitlist control (WLC)

Outcome: Drop outs

Study or Subgroup	Psychoeducational group Events	Total	WLC Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
11.1.1 pure GAD population						
White1992	4	26	0	11	100.0%	4.00 [0.23, 68.57]
Subtotal (95% CI)		**26**		**11**	**100.0%**	**4.00 [0.23, 68.57]**
Total events	4		0			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.96 (P = 0.34)						
11.1.2 mixed anxiety population						
Kitchiner2009 (1)	9	25	0	0		Not estimable
Subtotal (95% CI)		**25**		**0**		**Not estimable**
Total events	9		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
Total (95% CI)		**51**		**11**	**100.0%**	**4.00 [0.23, 68.57]**
Total events	13		0			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.96 (P = 0.34)						
Test for subgroup differences: Not applicable						

(1) CBT, no drop out data for WLC

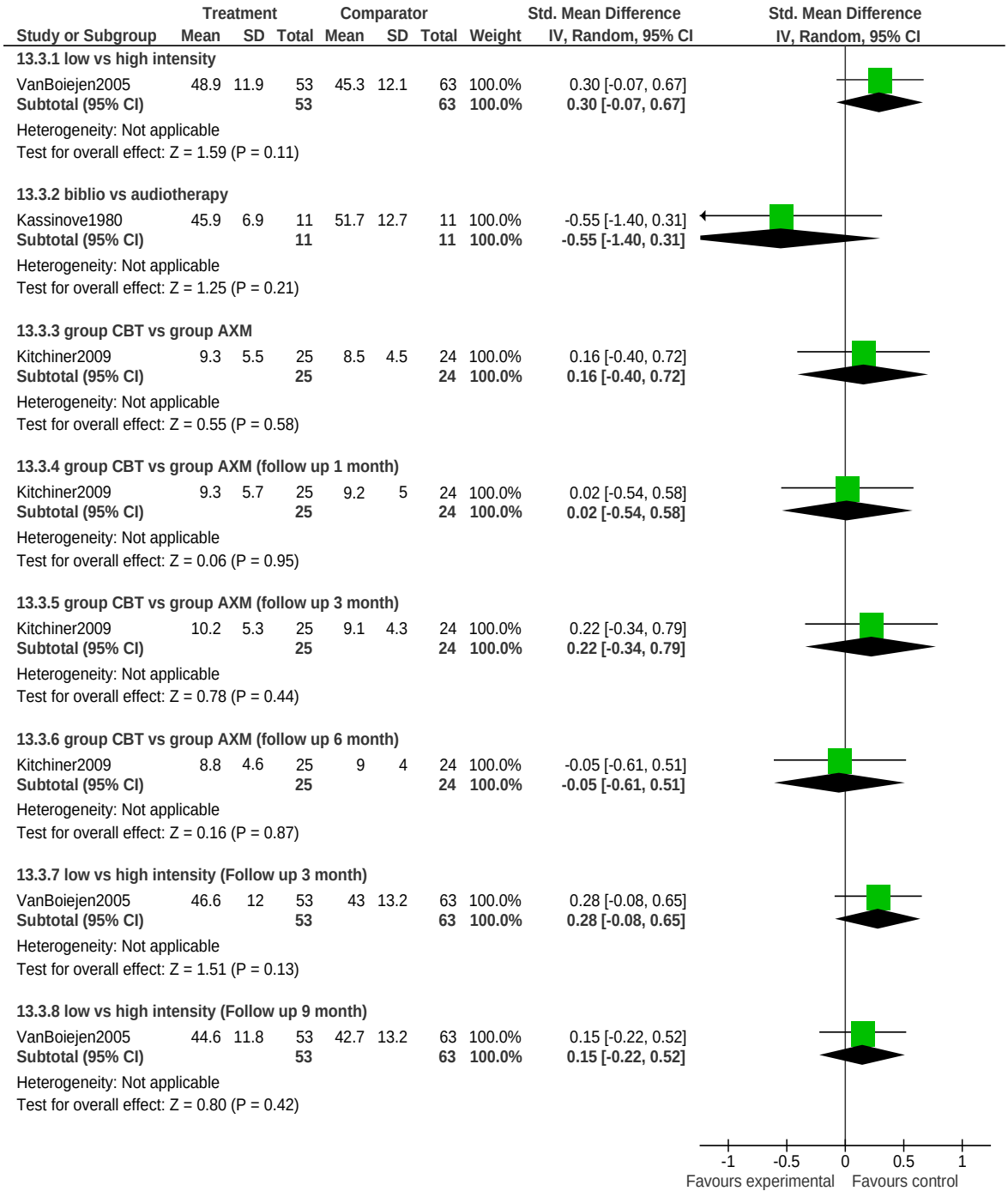


4 Different treatment comparisons

4.1 Different treatment comparisons for mixed anxiety population

Comparator: High intensity standard CBT treatments; Psychoeducational group anxiety management; Audiotherapy

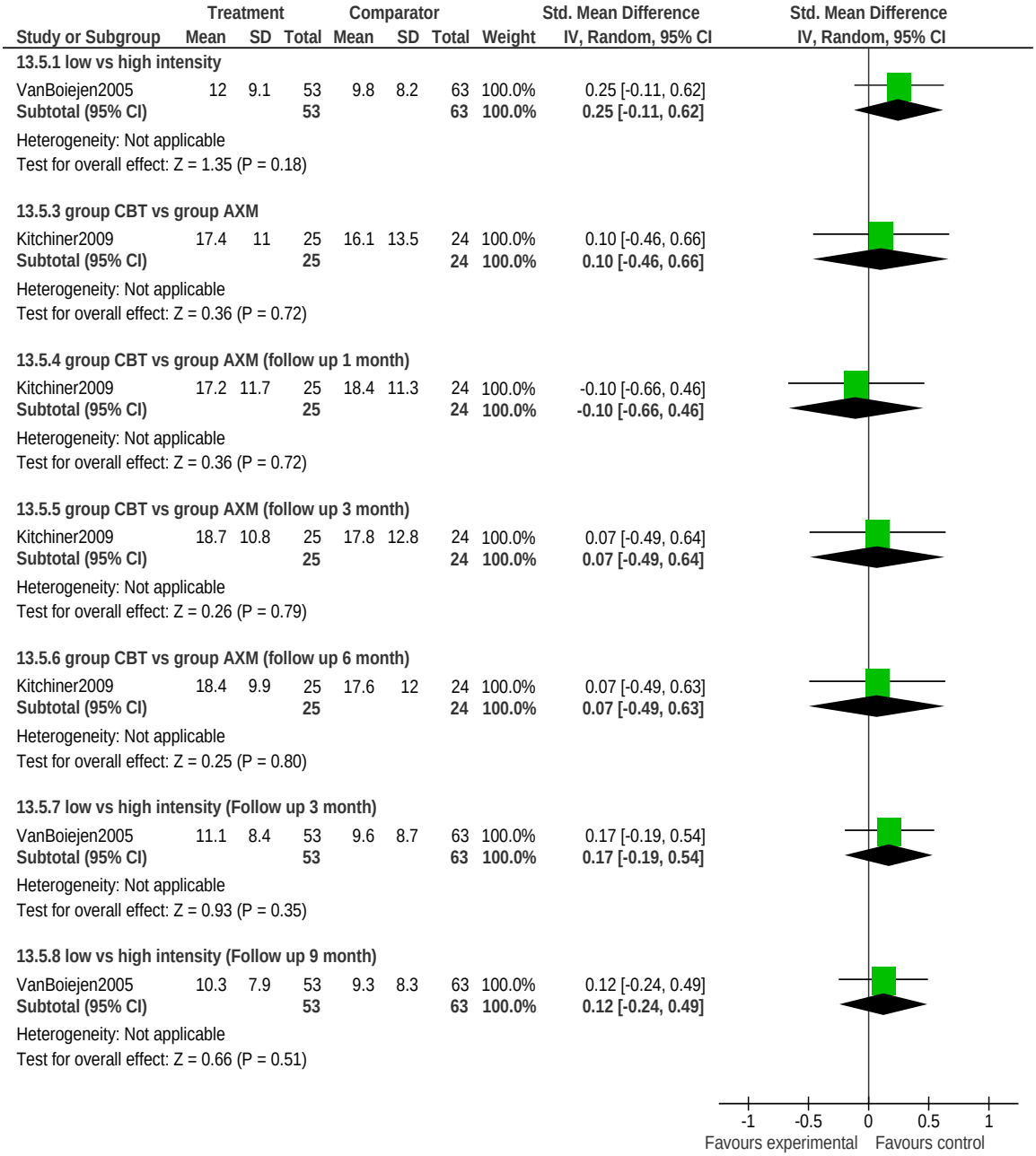
Outcome: Anxiety (self-rated) outcome



4.2 Different treatment comparisons for mixed anxiety population

Comparator: High intensity standard CBT treatments; Psychoeducational group anxiety management; Audiotherapy

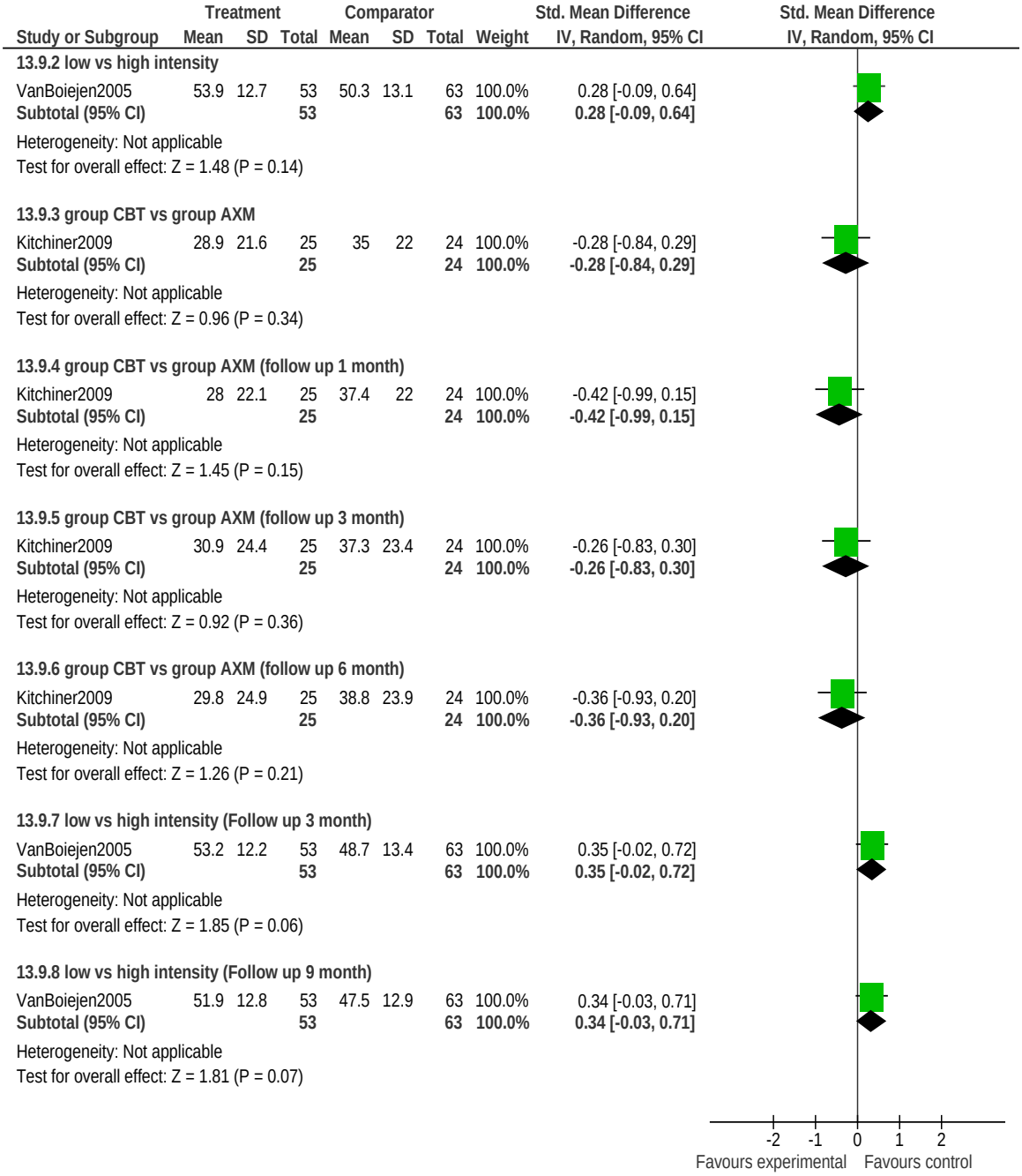
Outcome: Depression (self-rated) outcome



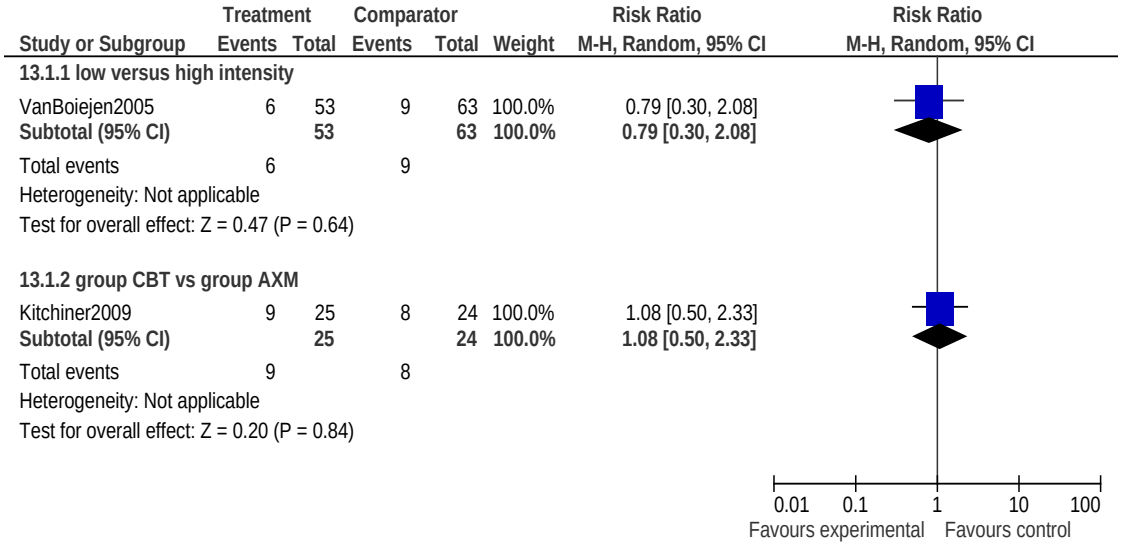
4.3 Different treatment comparisons for mixed anxiety population

Comparator: High intensity standard CBT treatments; Psychoeducational group anxiety management; Audiotherapy

Outcome: Worry outcome



4.4 Different treatment comparisons for mixed anxiety population

Comparator: High intensity standard CBT treatments; Psychoeducational group anxiety management; Audiotherapy

Outcome: Drop out