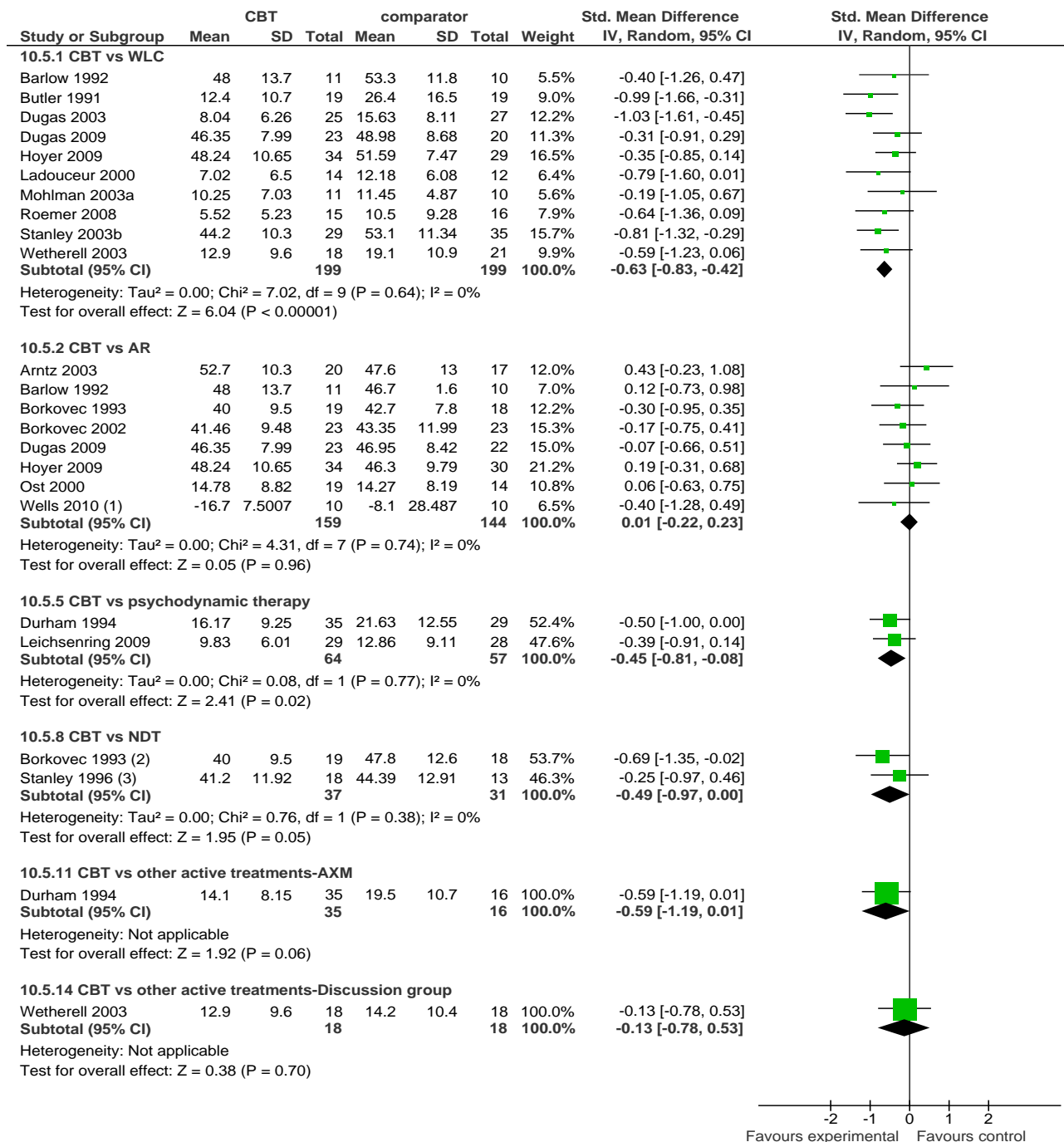


1 Cognitive Behavioural therapy (CBT)

1.1 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Anxiety (self rated) outcome



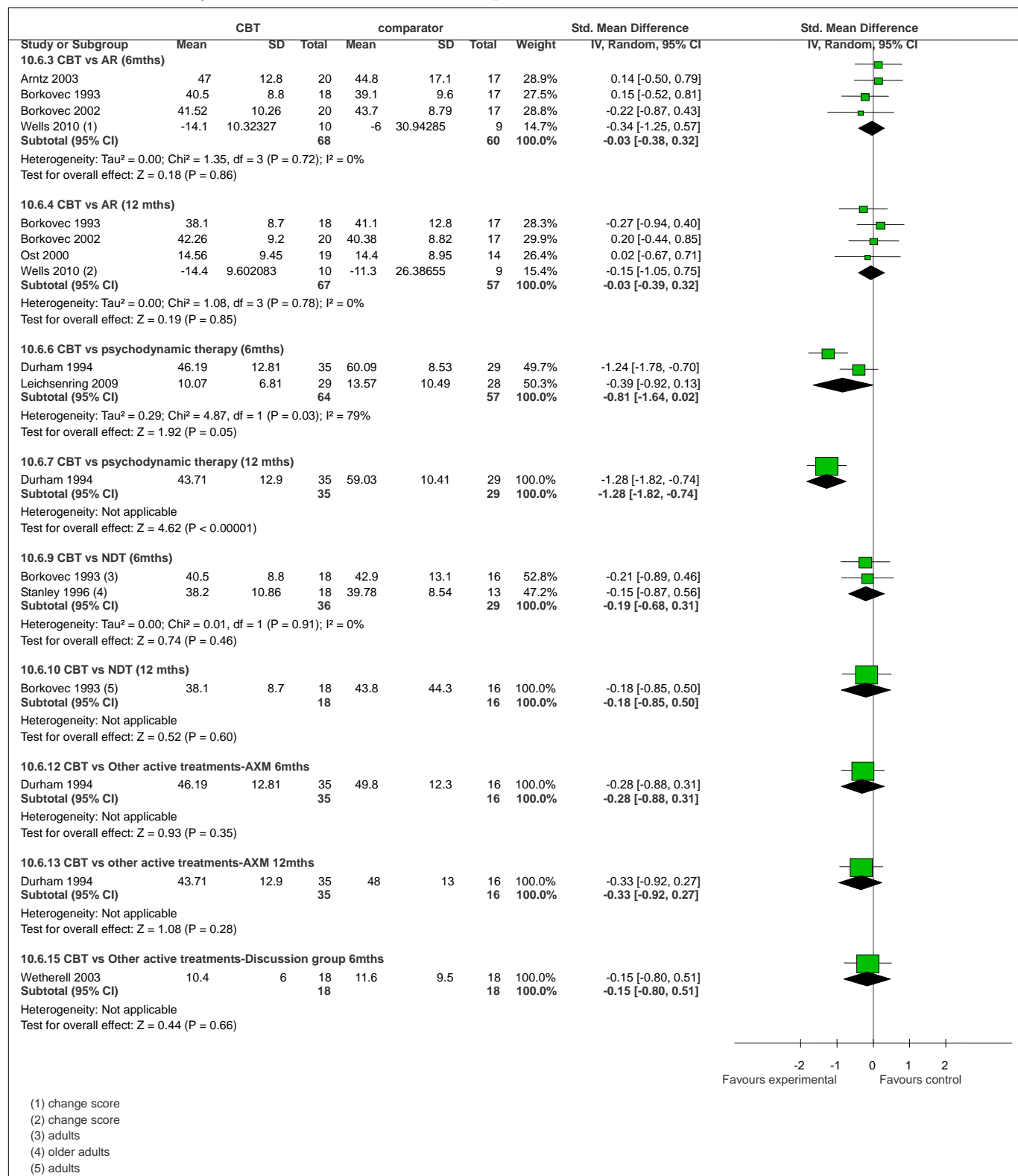
(1) change score
(2) adults
(3) older adults

Anxiety (update): High intensity psychological interventions forest plots

1.2 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Anxiety (self rated) outcome at follow up

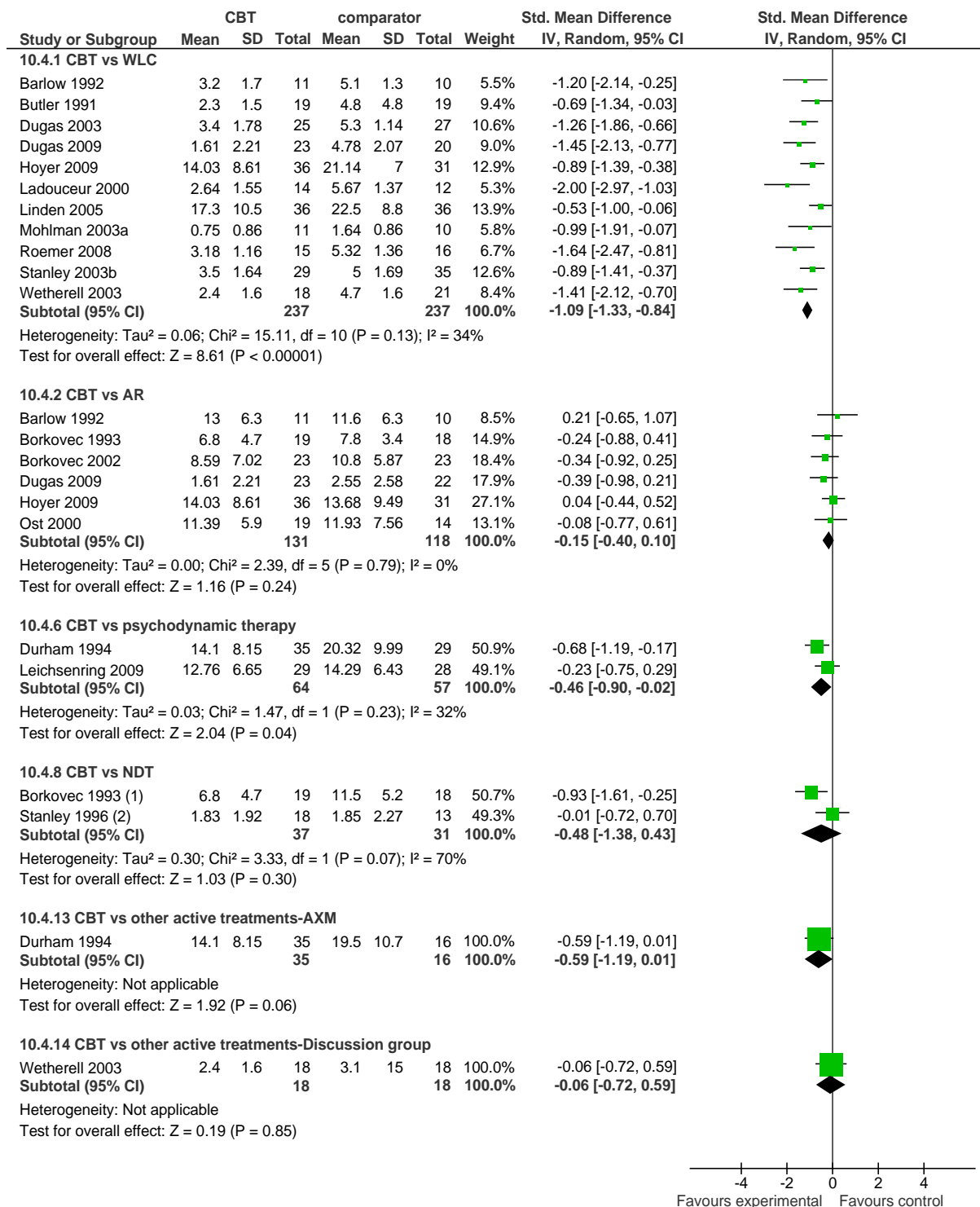


Anxiety (update): High intensity psychological interventions forest plots

1.3 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Anxiety (clinician rated) outcome



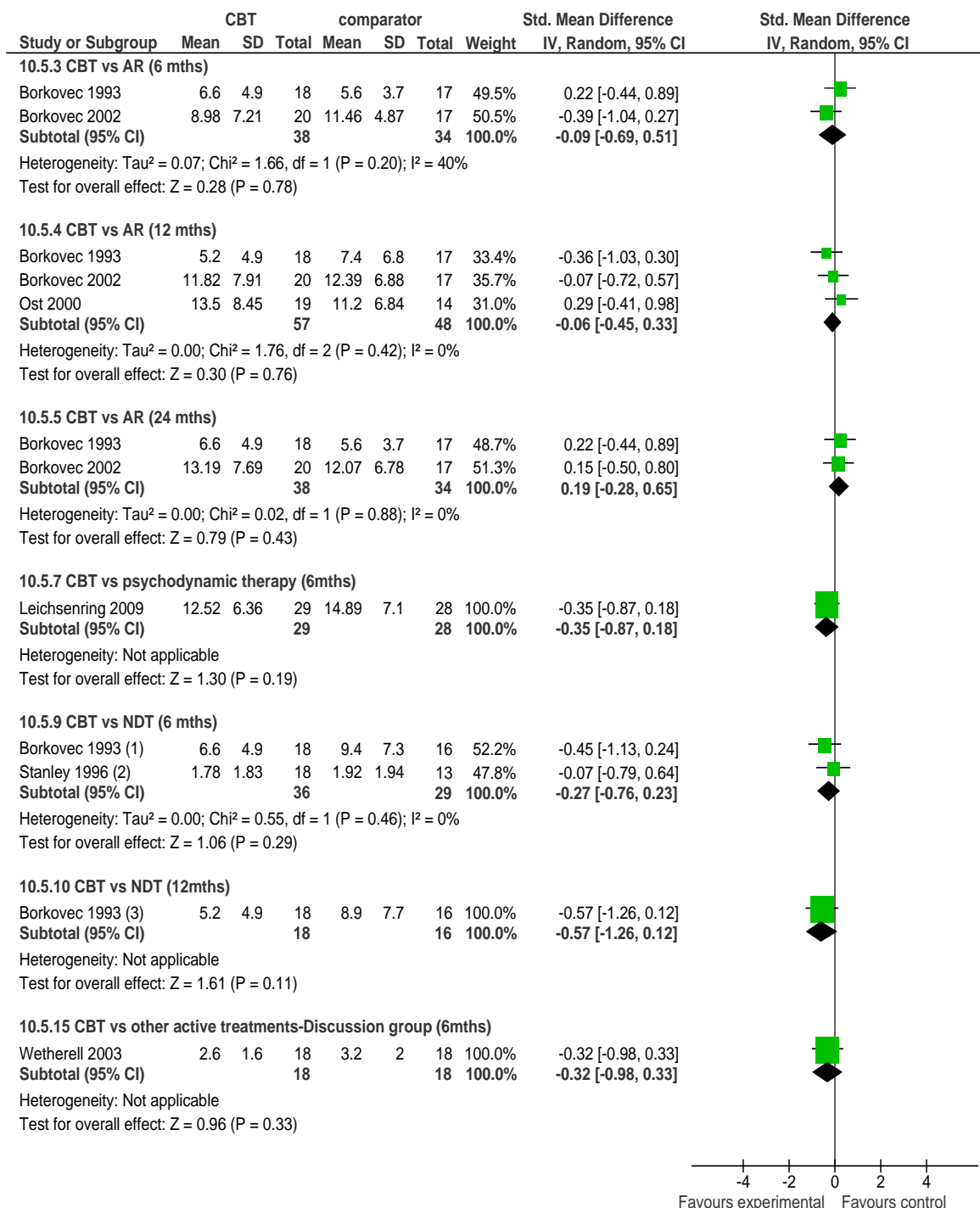
(1) adults
(2) older adults

Anxiety (update): High intensity psychological interventions forest plots

1.4 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Anxiety (clinician rated) outcome at follow up



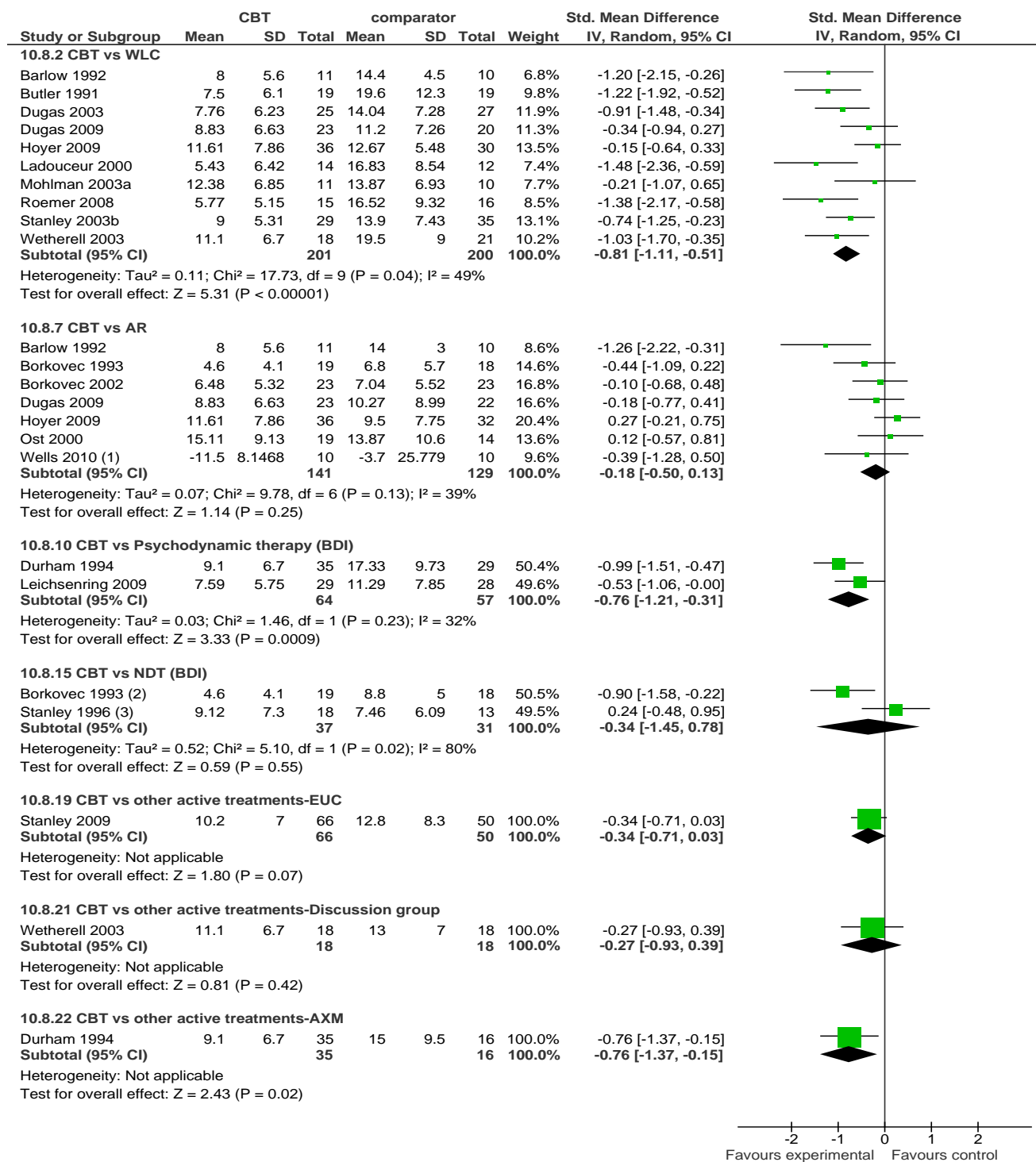
- (1) adults
- (2) older adults
- (3) adults

Anxiety (update): High intensity psychological interventions forest plots

1.5 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Depression (self rated) outcome



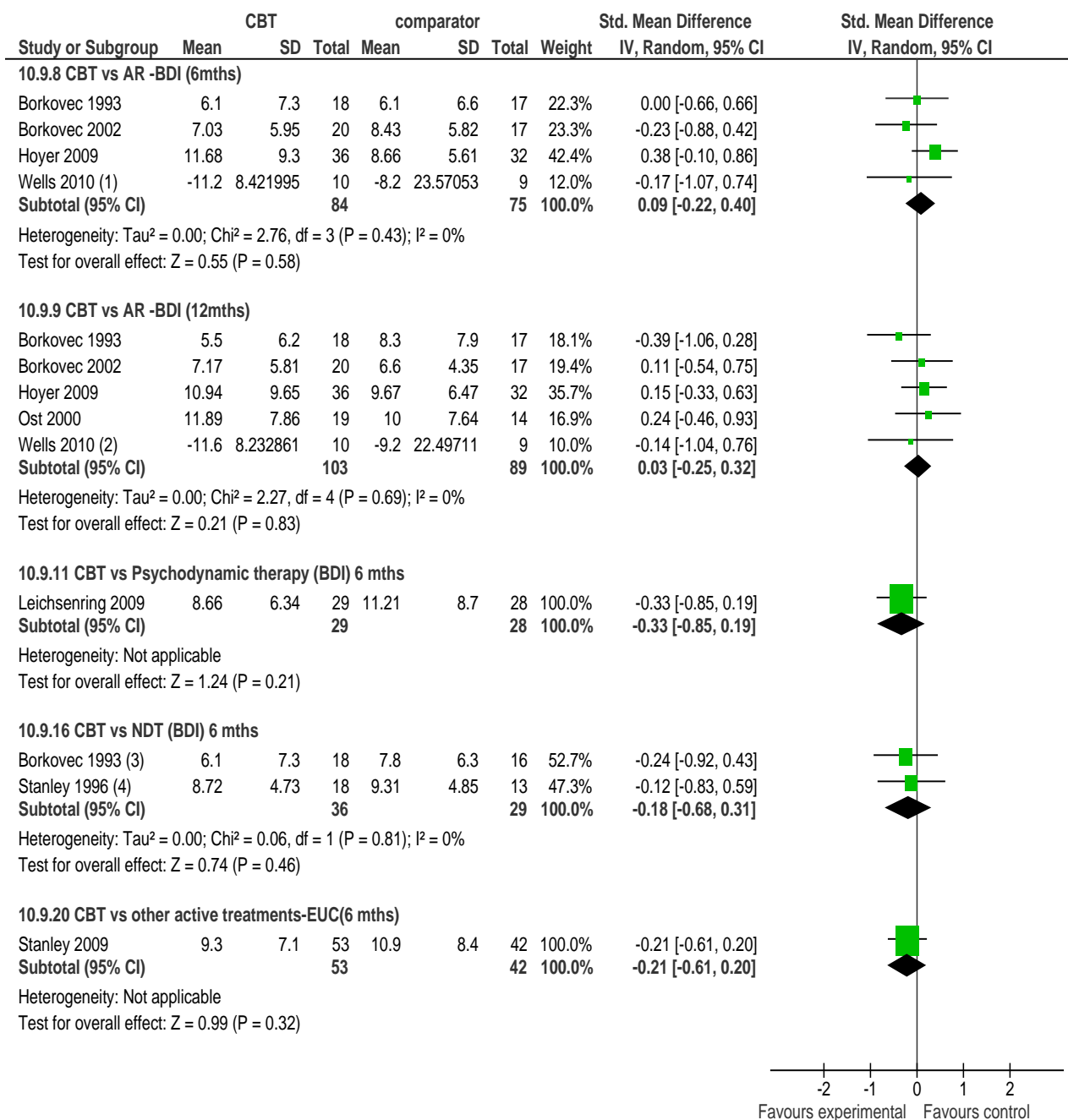
- (1) (change score)
- (2) adults
- (3) older adults

Anxiety (update): High intensity psychological interventions forest plots

1.6 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Depression (self rated) outcome at follow up



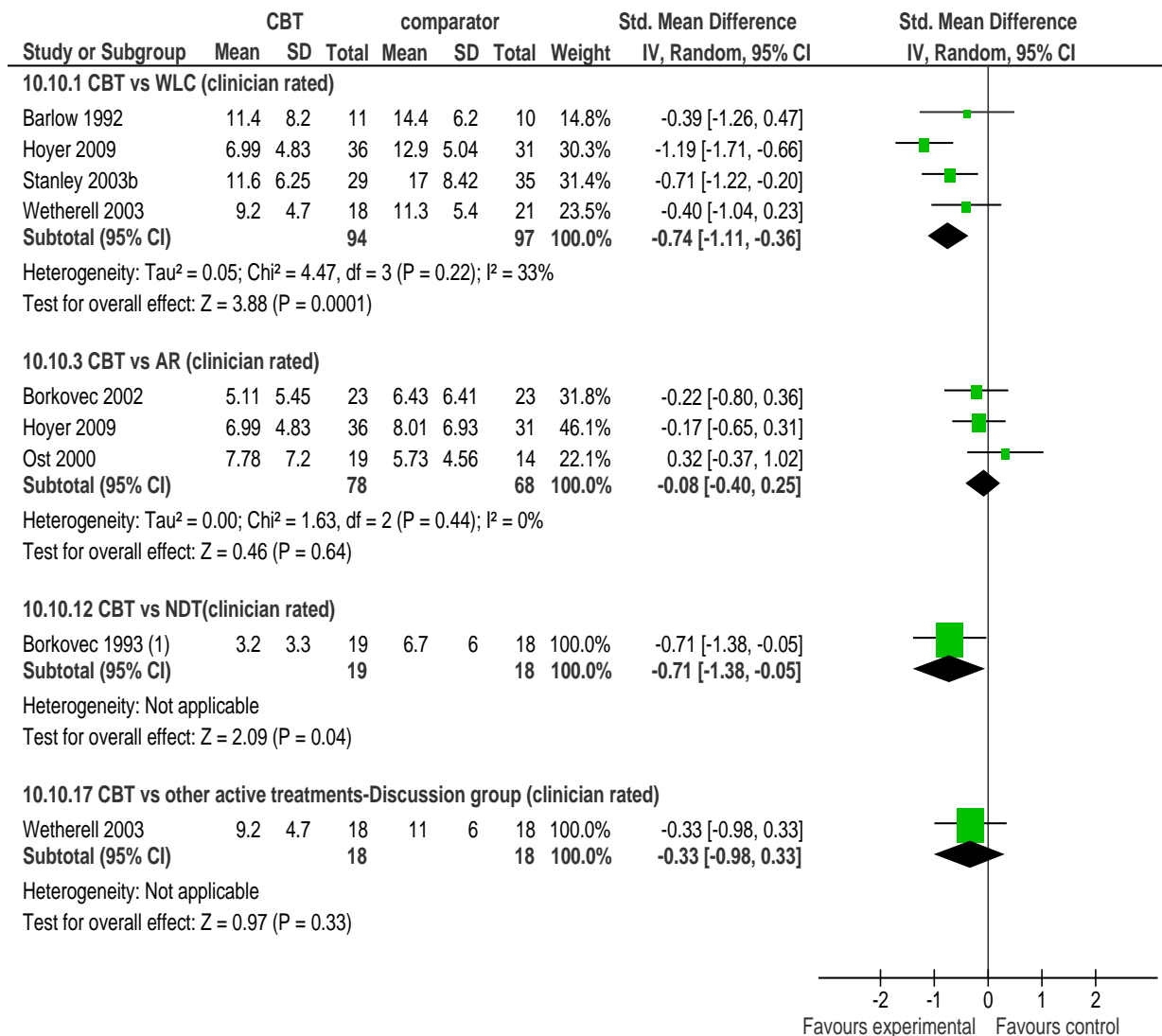
- (1) (change score)
- (2) (change score)
- (3) adults
- (4) older adults

Anxiety (update): High intensity psychological interventions forest plots

1.7 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Depression (clinician rated) outcome



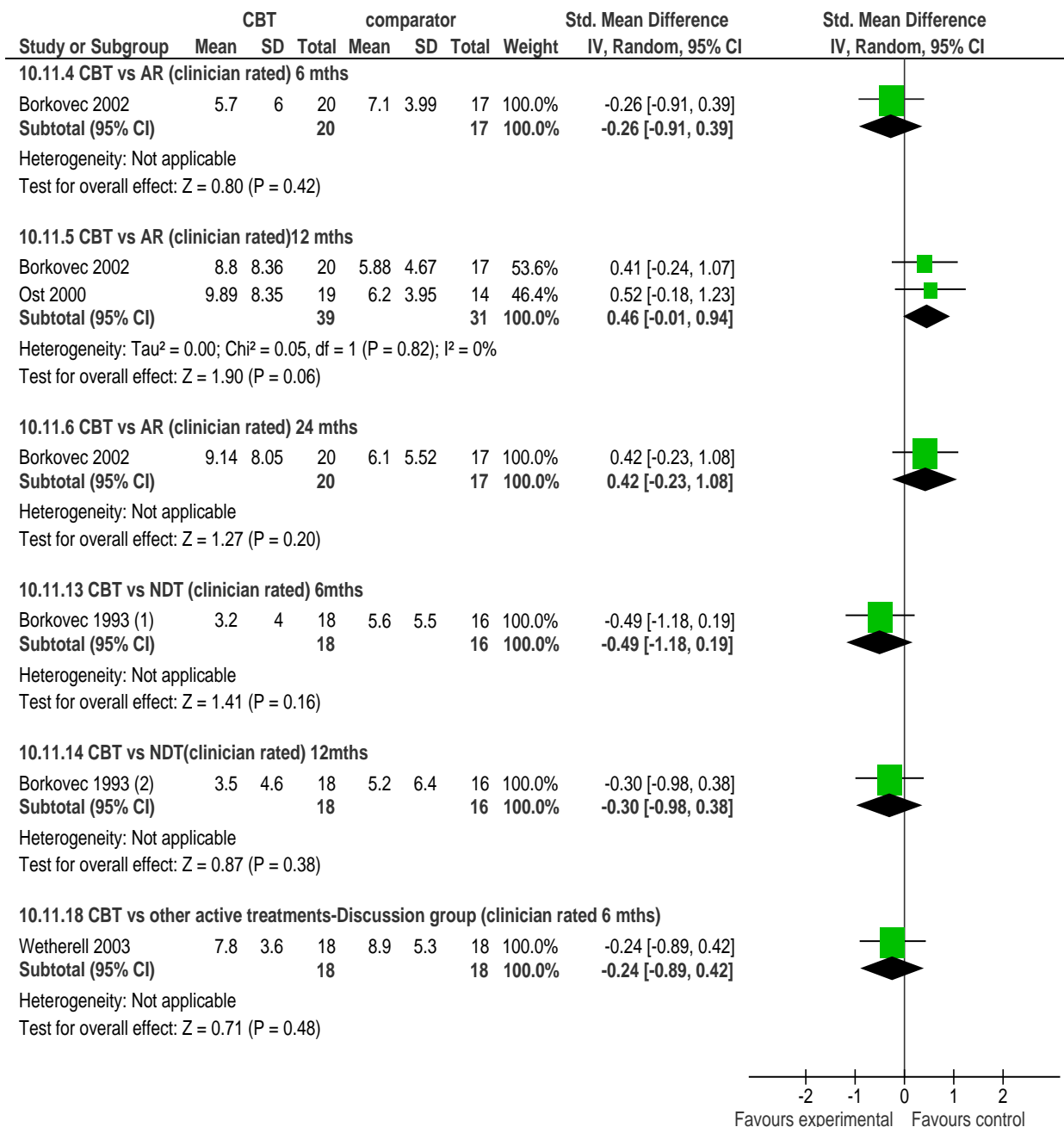
(1) adults

Anxiety (update): High intensity psychological interventions forest plots

1.8 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Depression (clinician rated) outcome at follow up



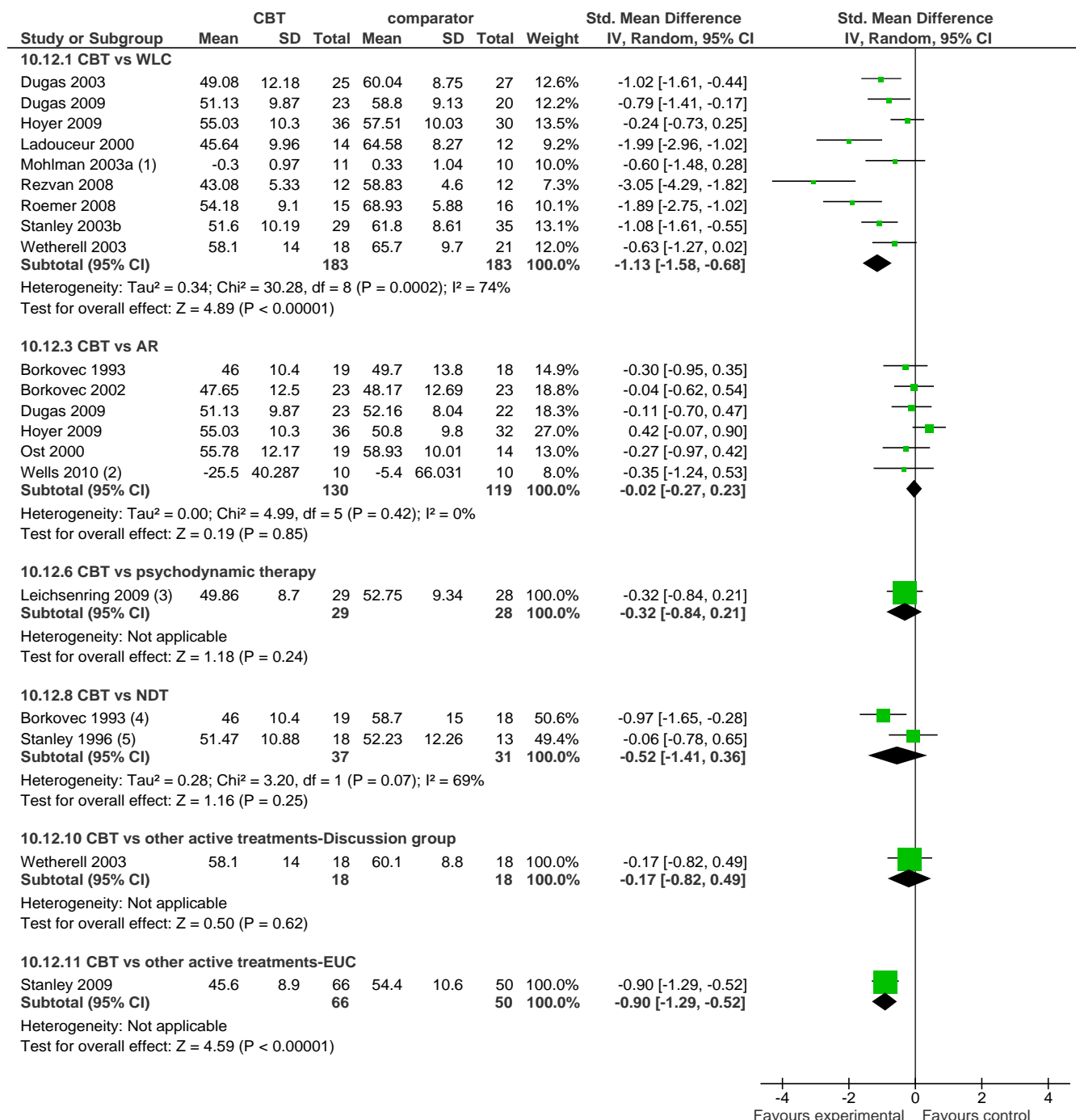
(1) adults
(2) adults

Anxiety (update): High intensity psychological interventions forest plots

1.9 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Worry outcome



- (1) (change score)
- (2) (change score)
- (3) change scores
- (4) adults
- (5) older adults

Anxiety (update): High intensity psychological interventions forest plots

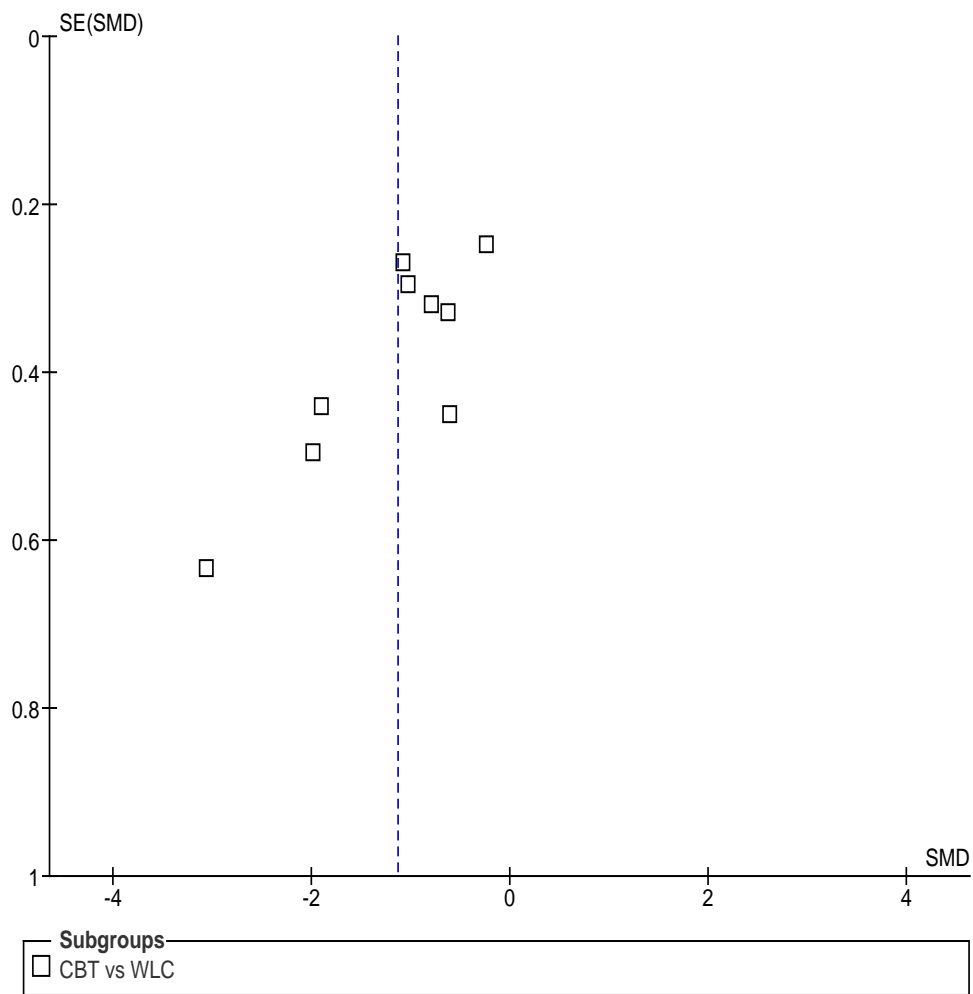


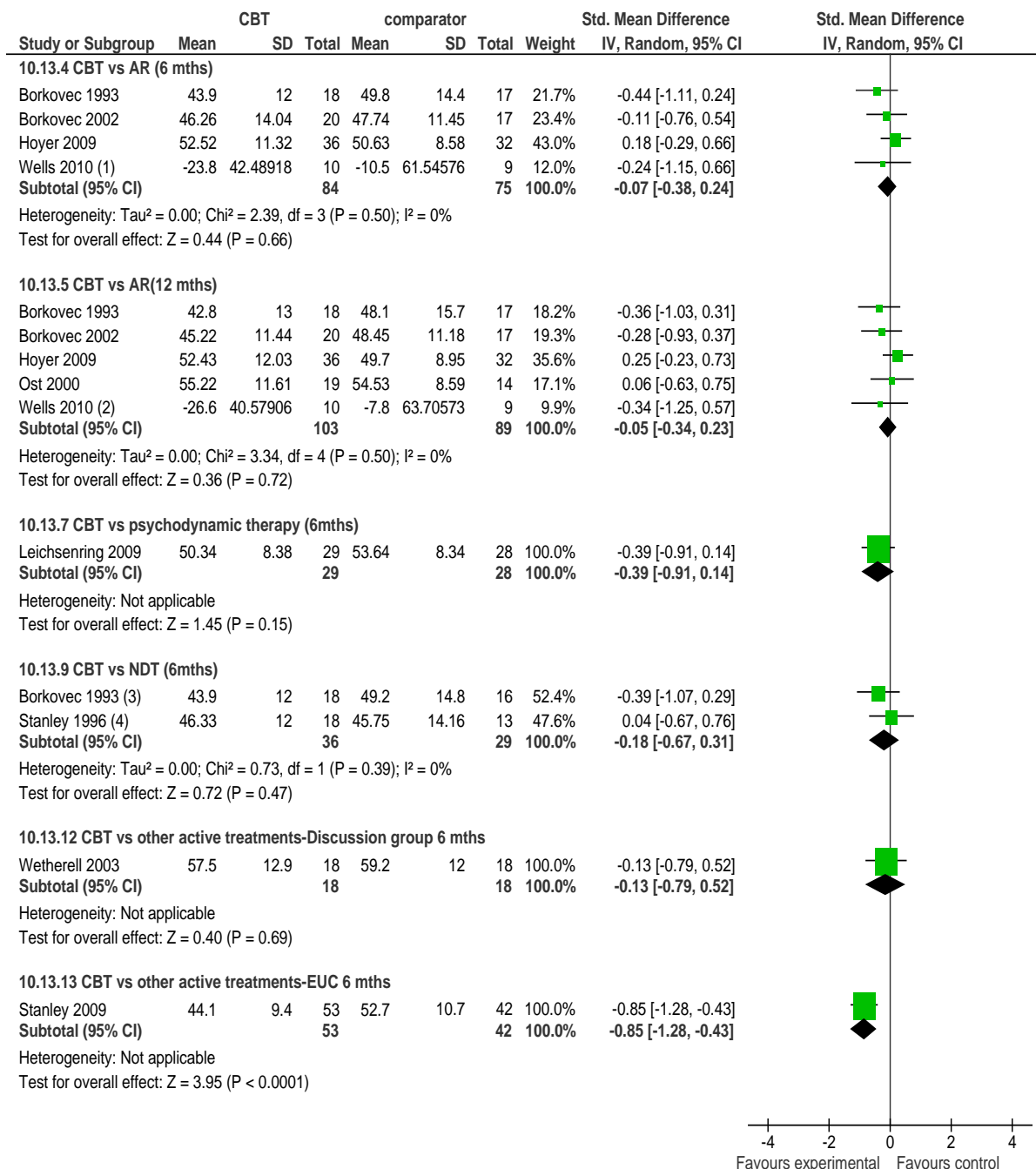
Figure 1 - Funnel plot for worry outcome (CBT vs WLC)

Anxiety (update): High intensity psychological interventions forest plots

1.10 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Worry outcome at follow up



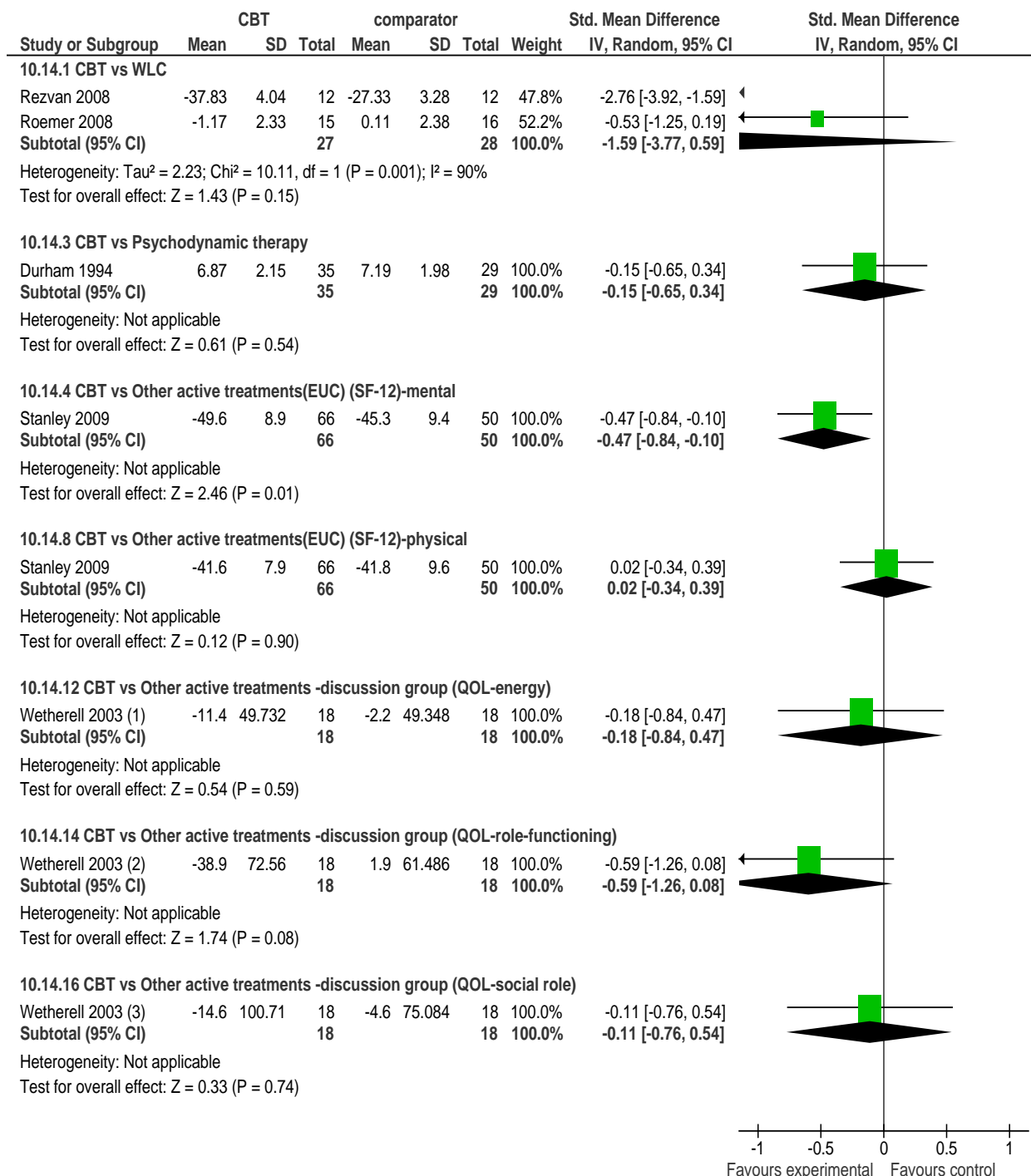
- (1) (change score)
- (2) (change score)
- (3) adults
- (4) older adults

Anxiety (update): High intensity psychological interventions forest plots

1.11 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Quality of Life outcome



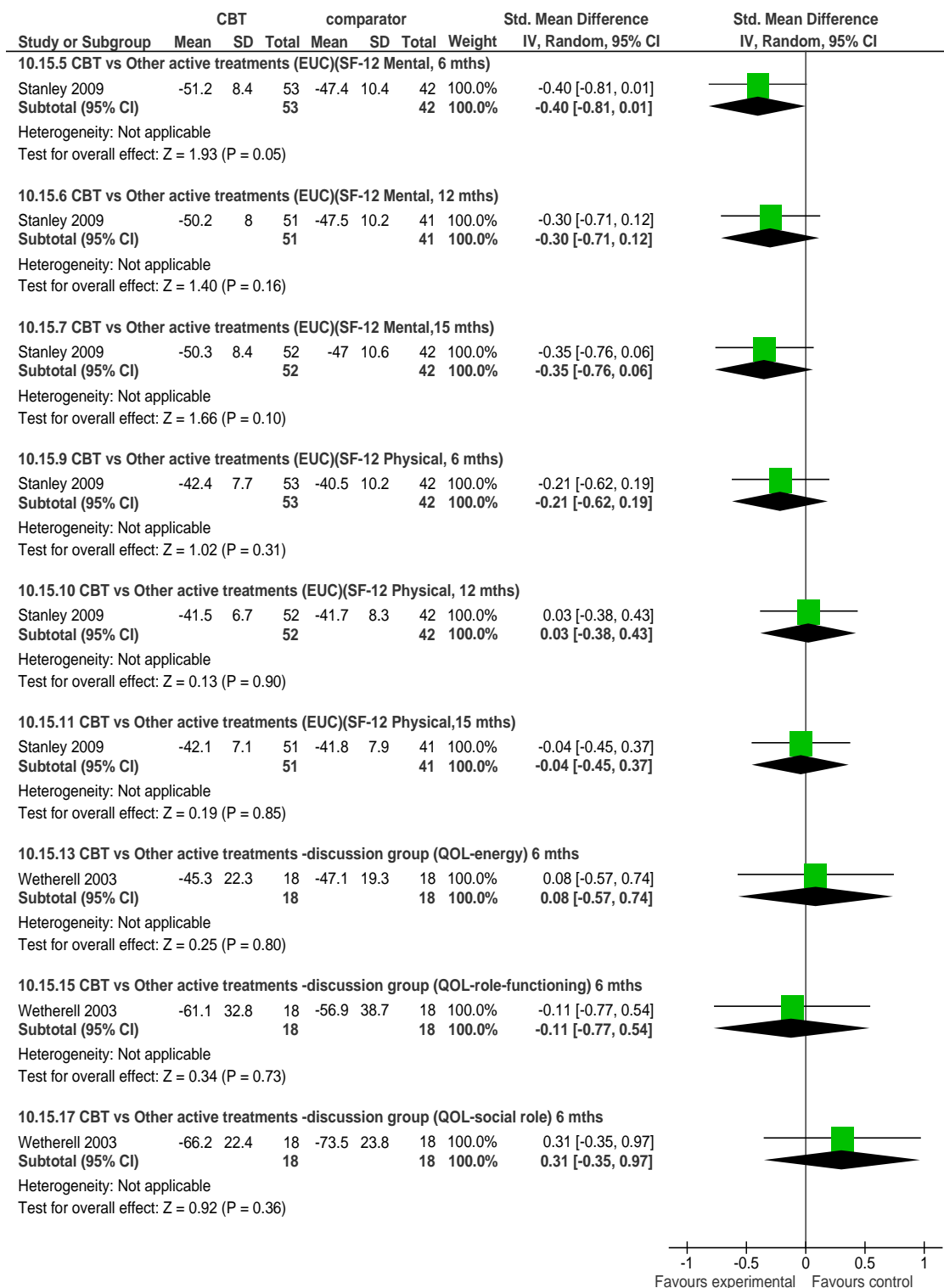
- (1) change score
- (2) (change score)
- (3) (change score)

Anxiety (update): High intensity psychological interventions forest plots

1.12 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Quality of Life outcome at follow up

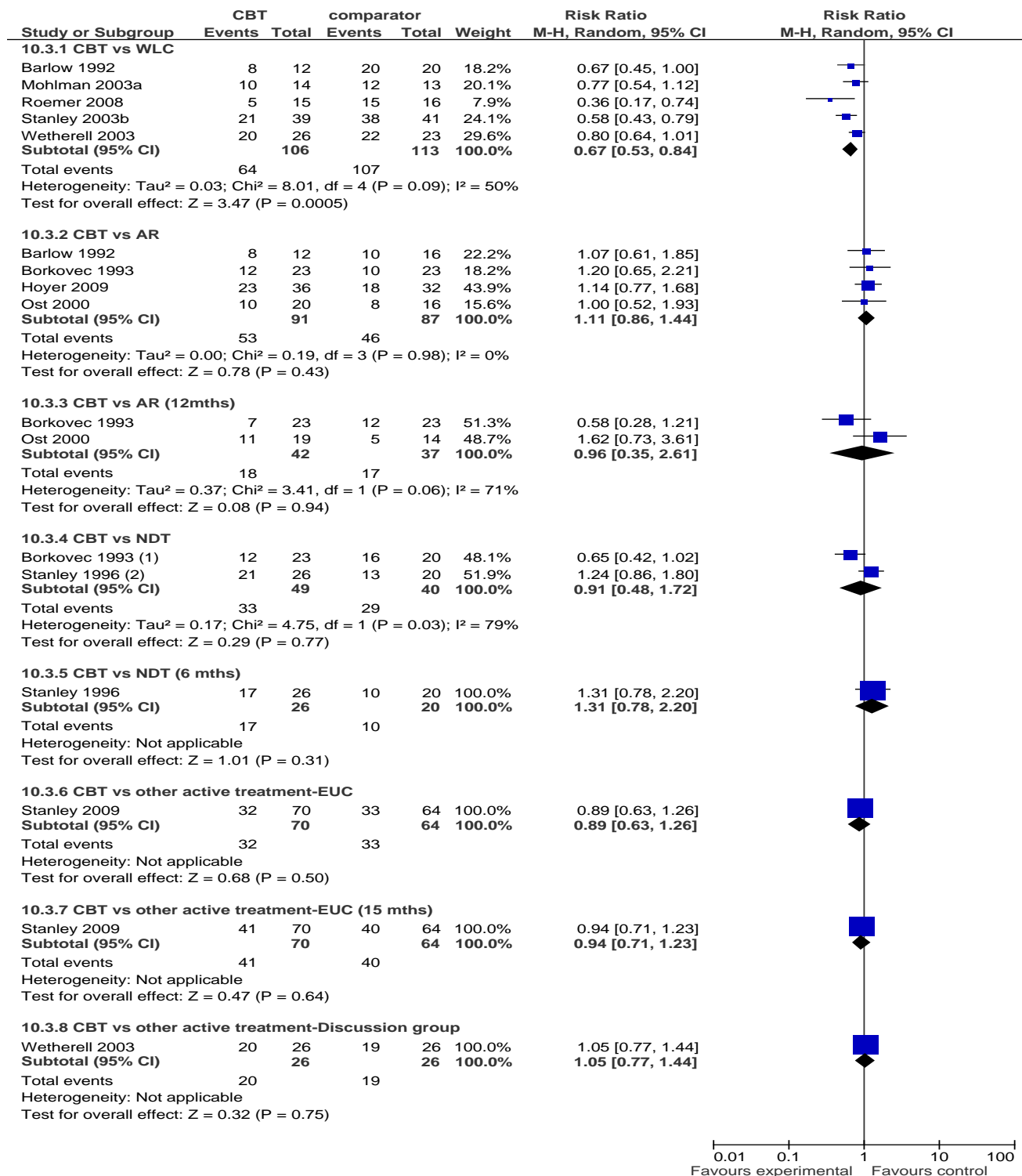


Anxiety (update): High intensity psychological interventions forest plots

1.13 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Non response outcome



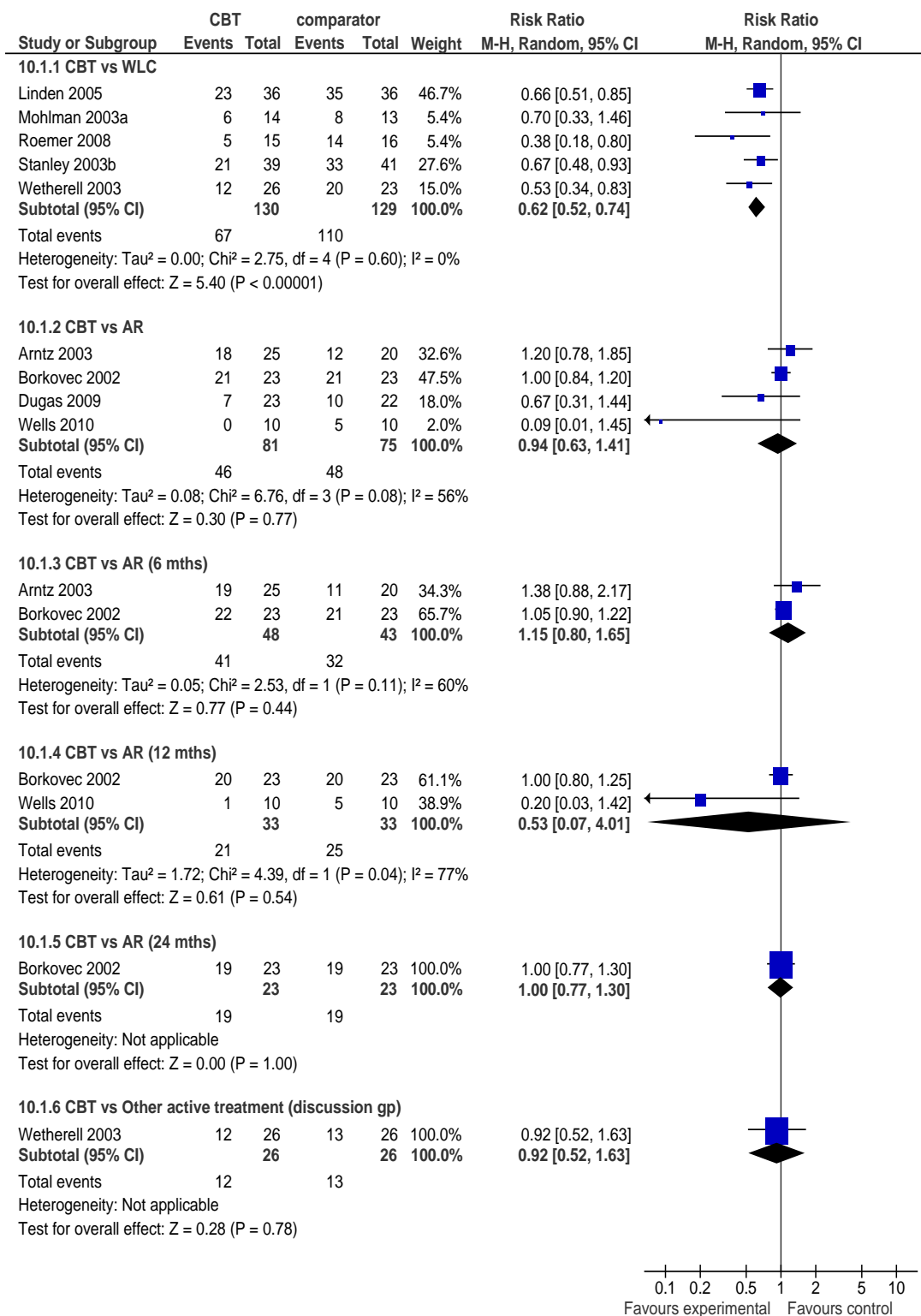
(1) adults
(2) older adults

Anxiety (update): High intensity psychological interventions forest plots

1.14 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Non remission outcome

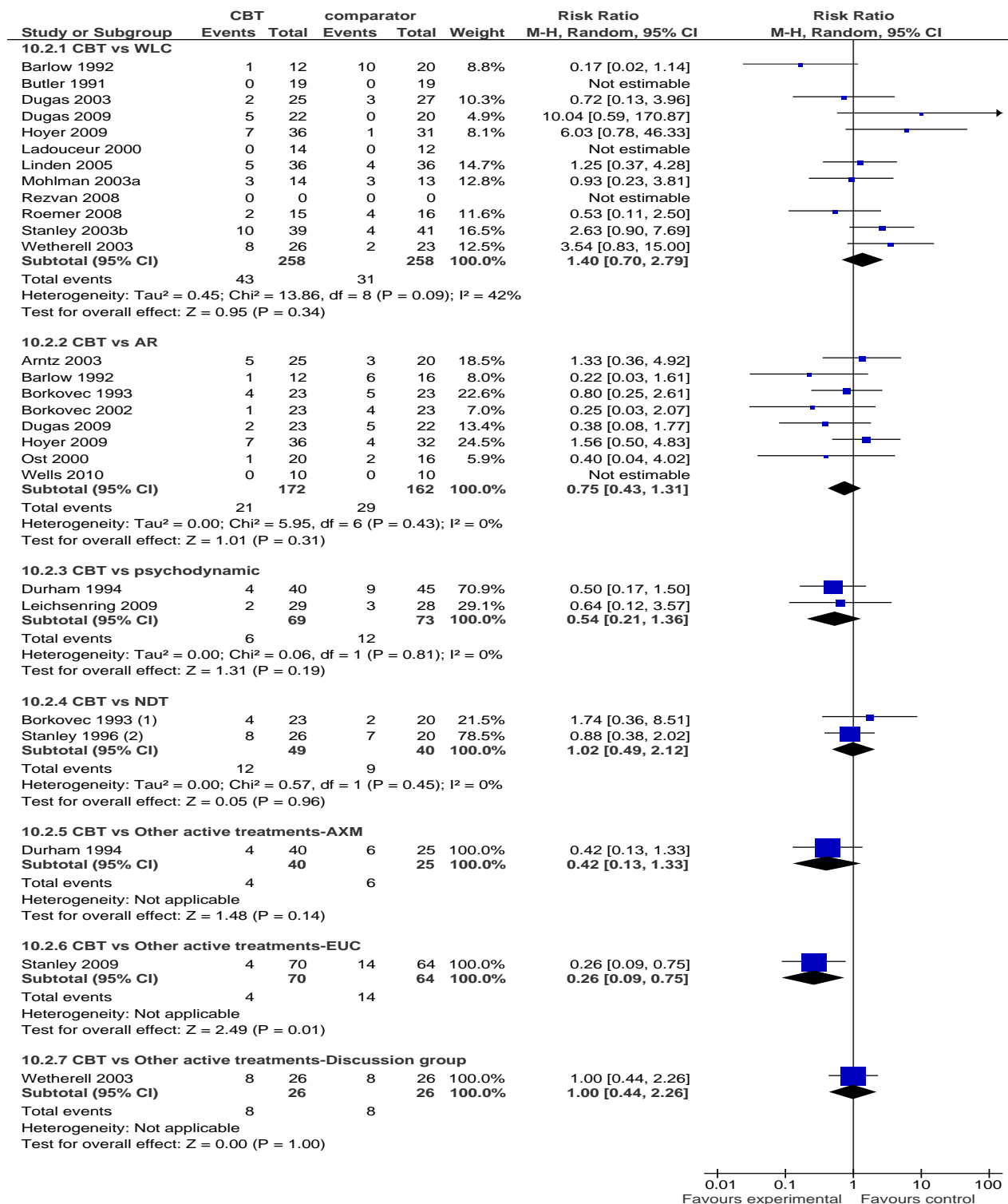


Anxiety (update): High intensity psychological interventions forest plots

1.15 CBT for GAD

Comparator: Waitlist control (WLC); Applied relaxation (AR); Psychodynamic therapy; Non-directive therapy (NDT); Other active treatments including: Anxiety management training (AXM); Discussion group

Outcome: Discontinuation due to any reason



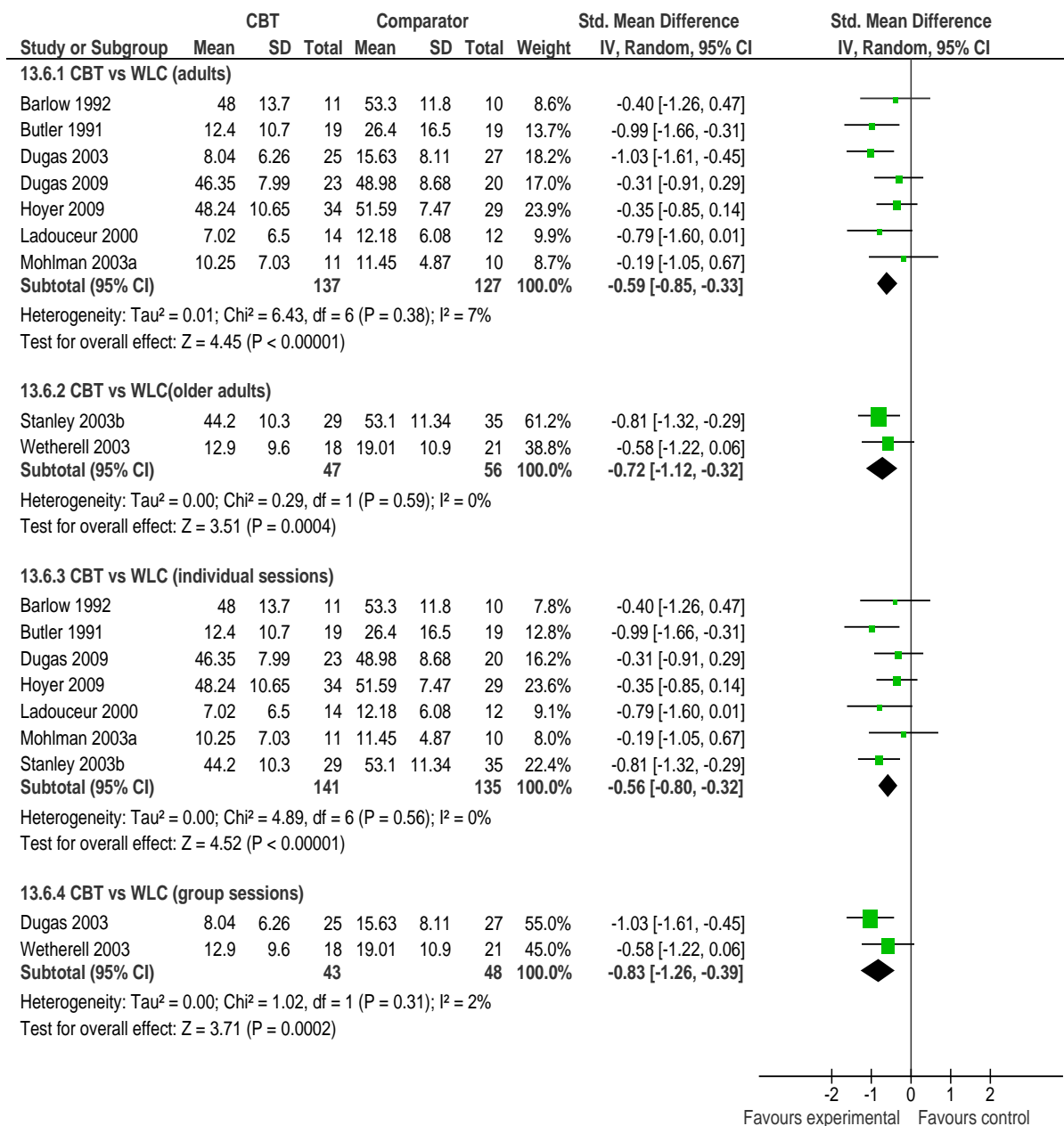
(1) adults
(2) older adults

Anxiety (update): High intensity psychological interventions forest plots

1.16 CBT for GAD

Comparator: Waitlist control (WLC)

Outcome: Subgroup analysis – Anxiety (self rated) outcome

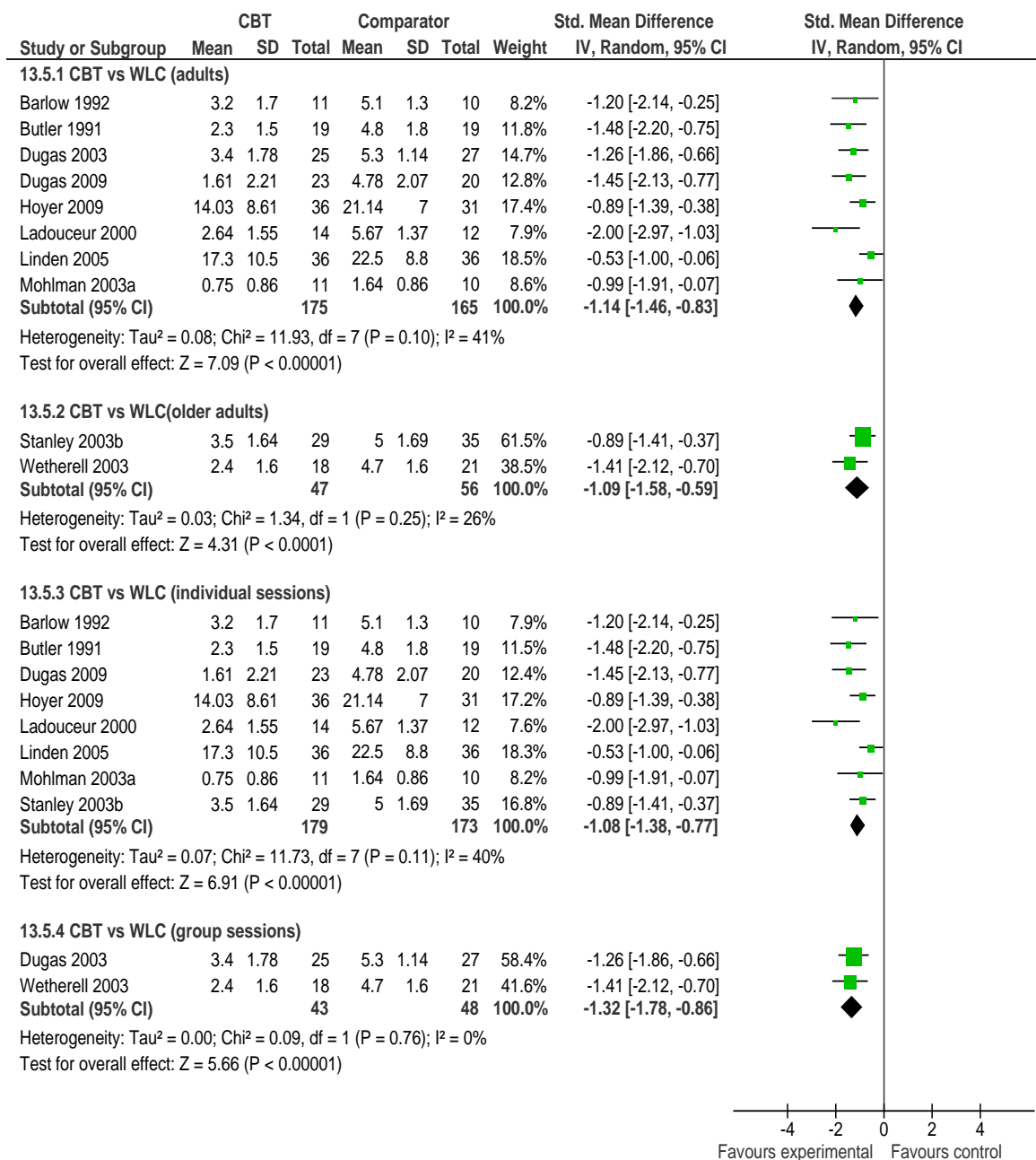


Anxiety (update): High intensity psychological interventions forest plots

1.17 CBT for GAD

Comparator: Waitlist control (WLC)

Outcome: Subgroup analysis – Anxiety (clinician rated) outcome

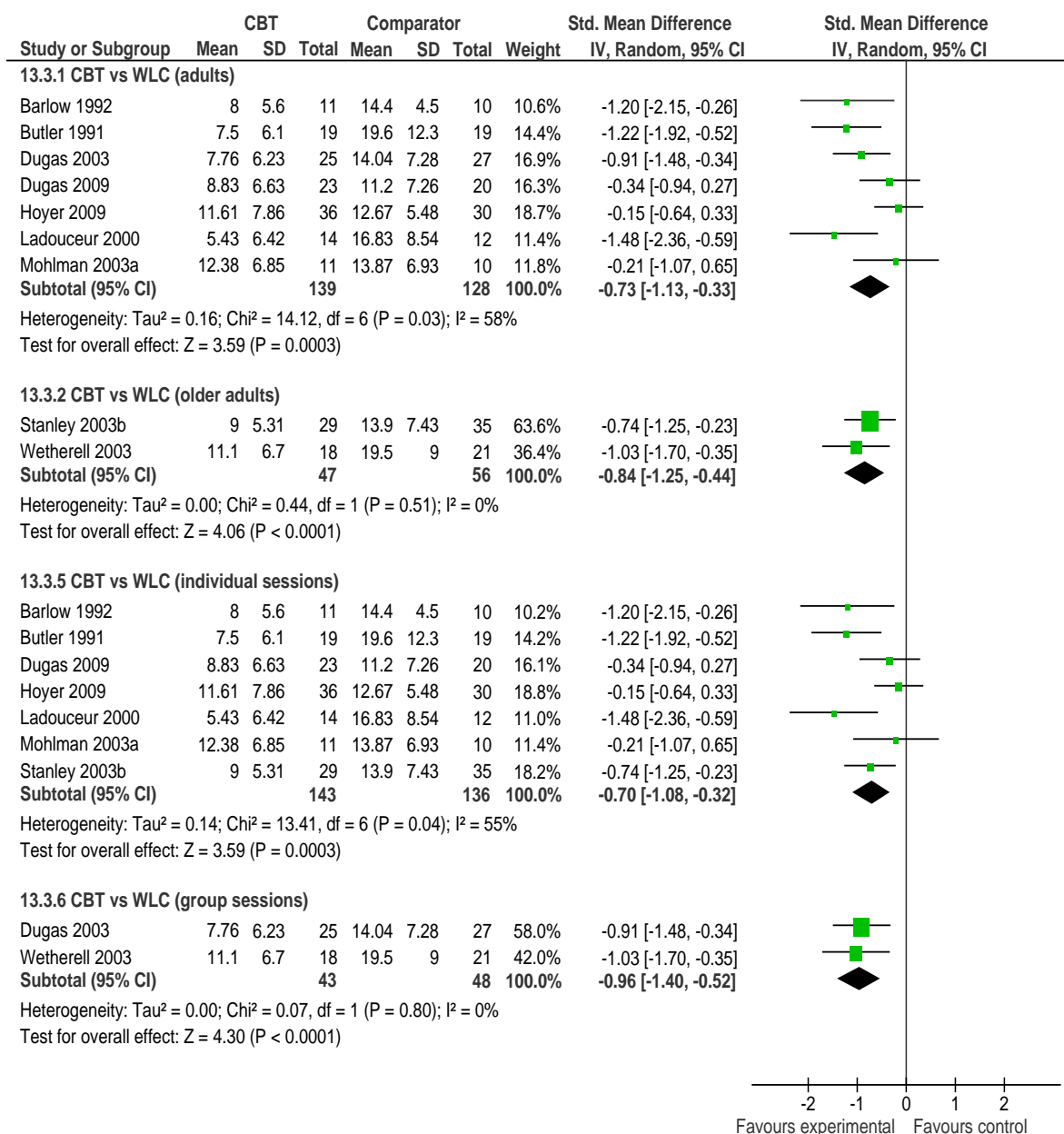


Anxiety (update): High intensity psychological interventions forest plots

1.18 CBT for GAD

Comparator: Waitlist control (WLC)

Outcome: Subgroup analysis – Depression (self rated) outcome

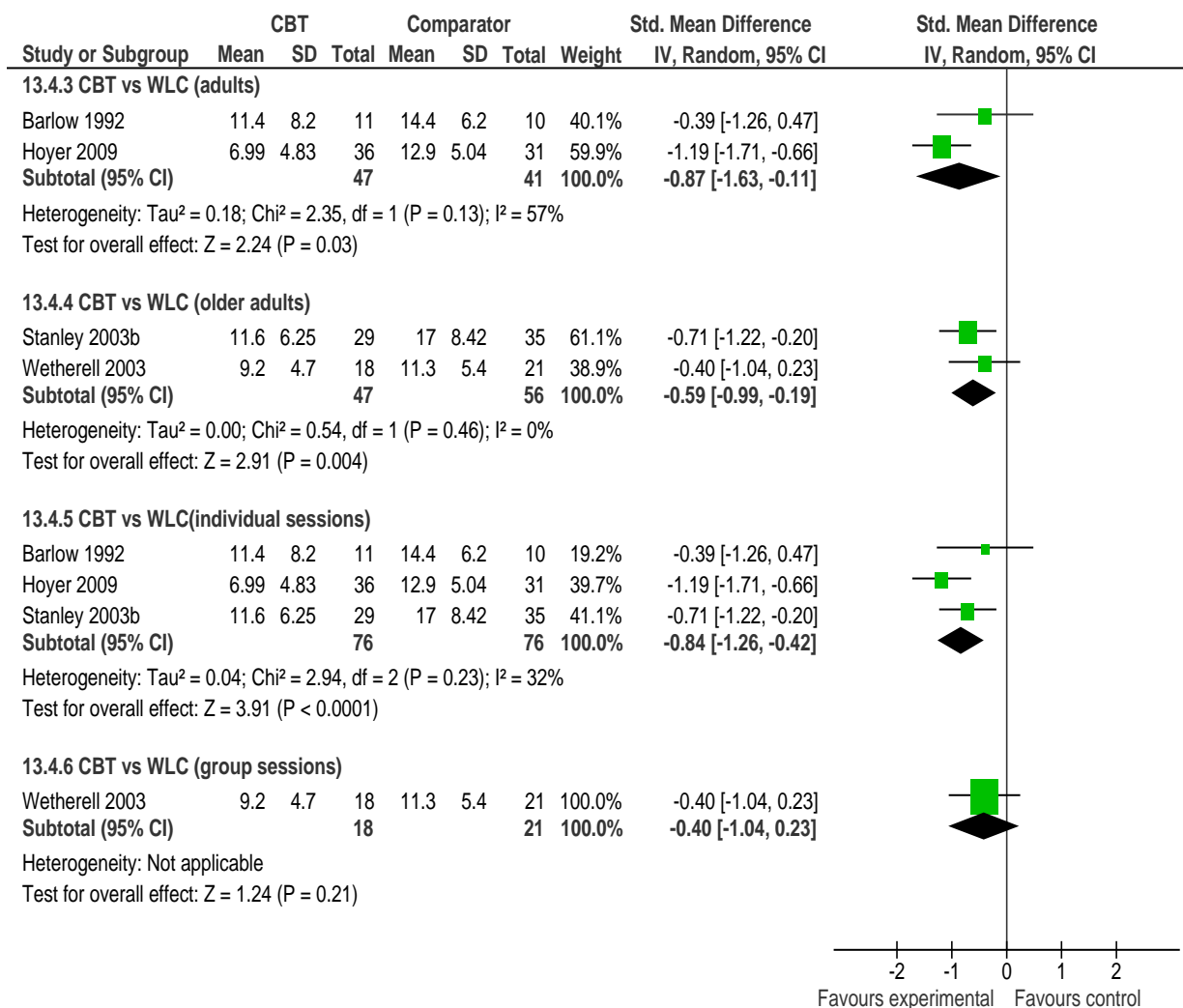


Anxiety (update): High intensity psychological interventions forest plots

1.19 CBT for GAD

Comparator: Waitlist control (WLC)

Outcome: Subgroup analysis – Depression (clinician rated) outcome

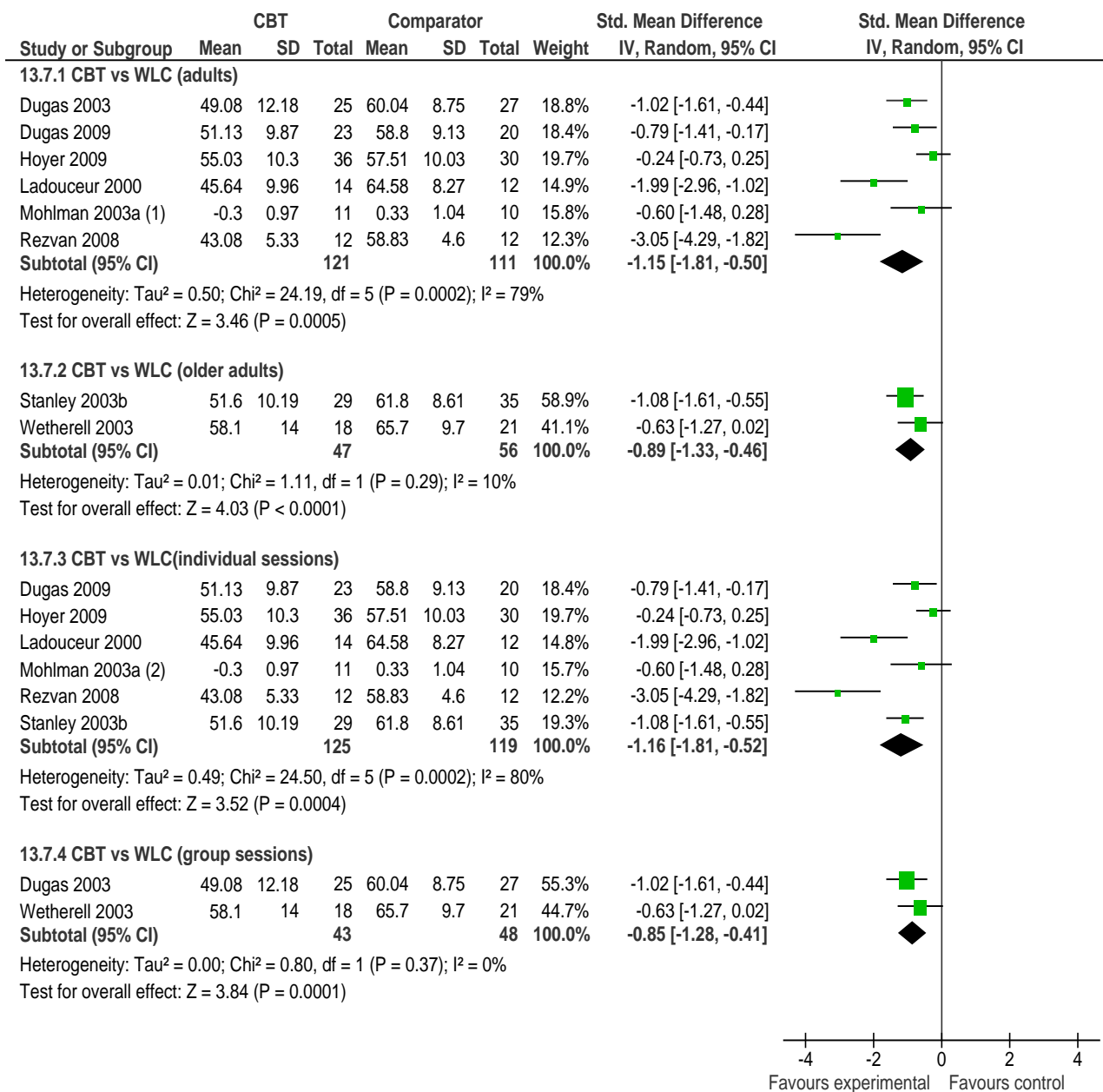


Anxiety (update): High intensity psychological interventions forest plots

1.20 CBT for GAD

Comparator: Waitlist control (WLC)

Outcome: Subgroup analysis – Worry outcome



(1) (change score)

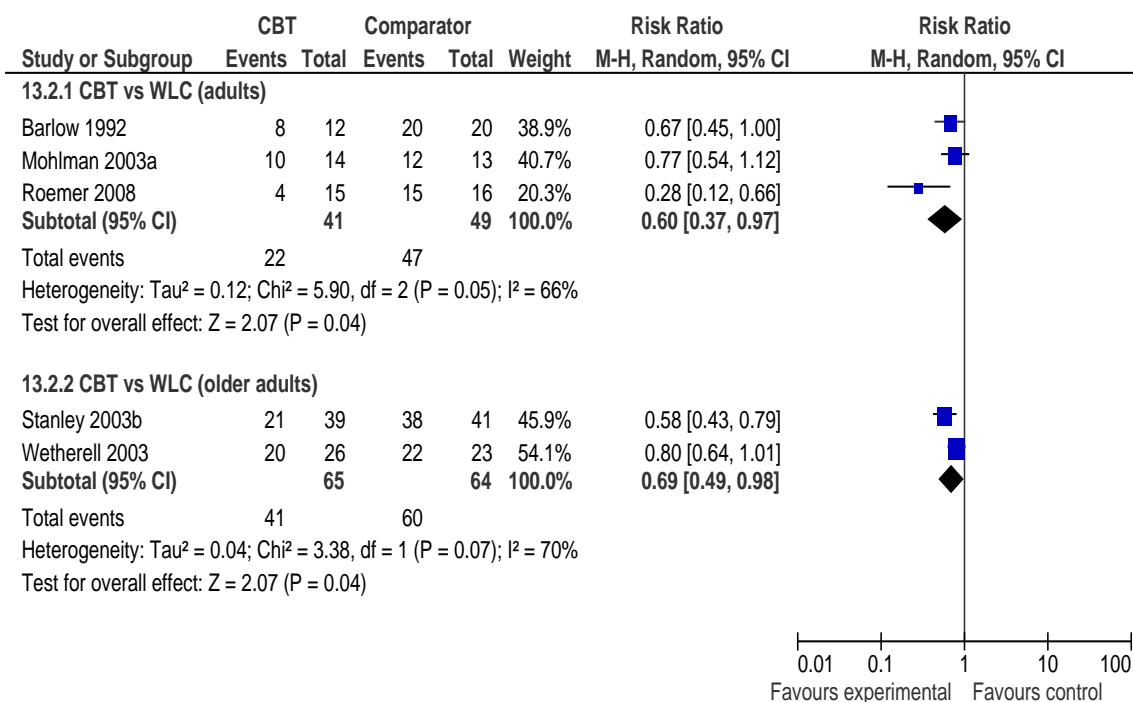
(2) change score

Anxiety (update): High intensity psychological interventions forest plots

1.21 CBT for GAD

Comparator: Waitlist control (WLC)

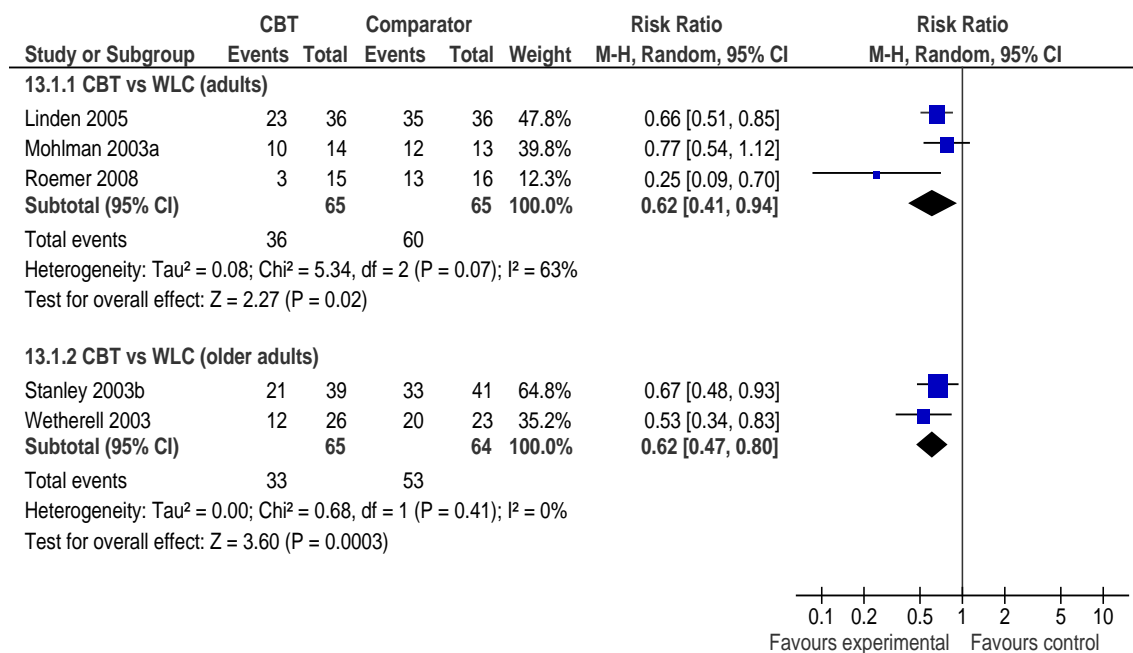
Outcome: Subgroup analysis – Non response outcome



1.22 CBT for GAD

Comparator: Waitlist control (WLC)

Outcome: Subgroup analysis – Non remission outcome

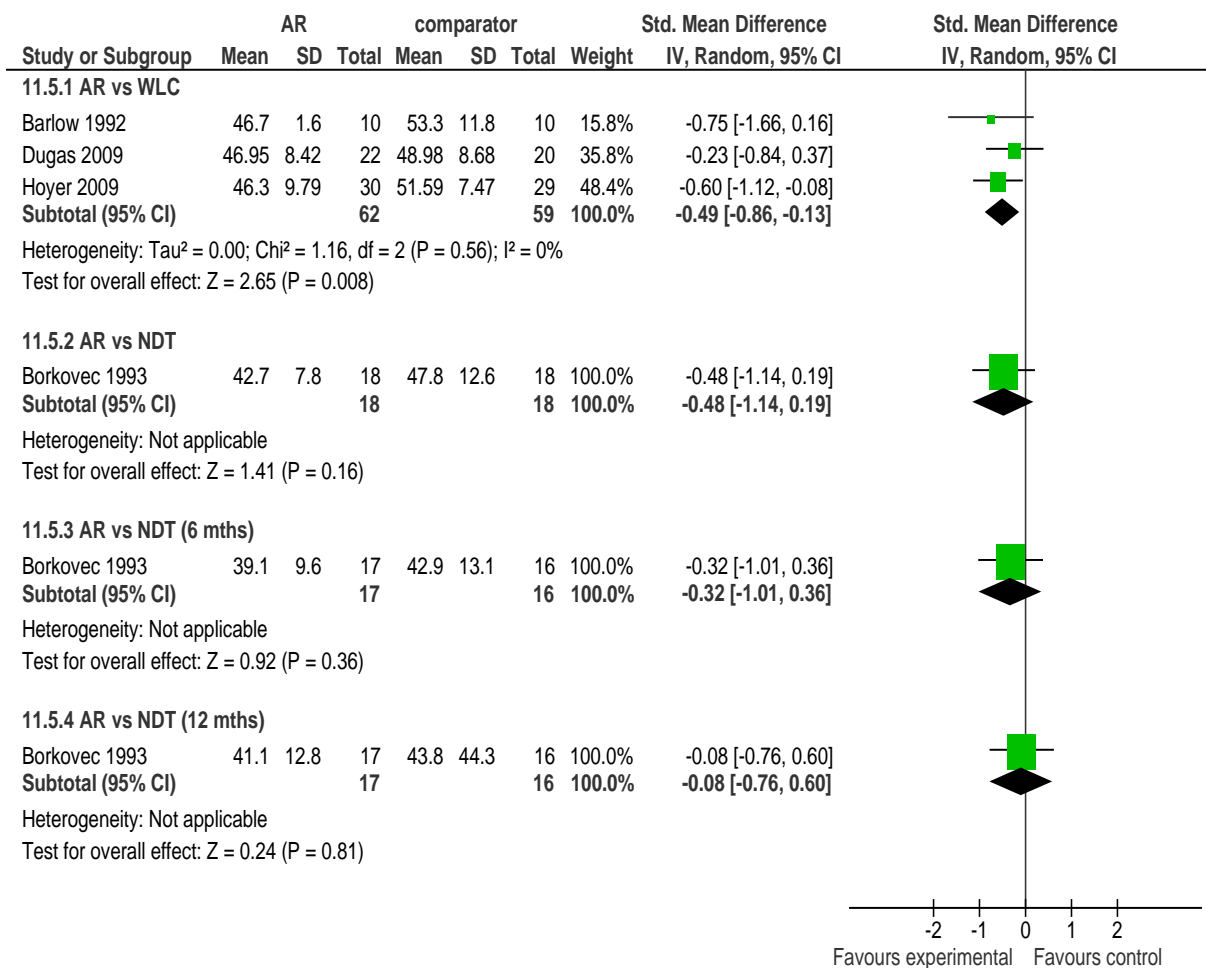


2 Applied relaxation (AR)

2.1 Applied Relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

Outcome: Anxiety (self rated) outcome

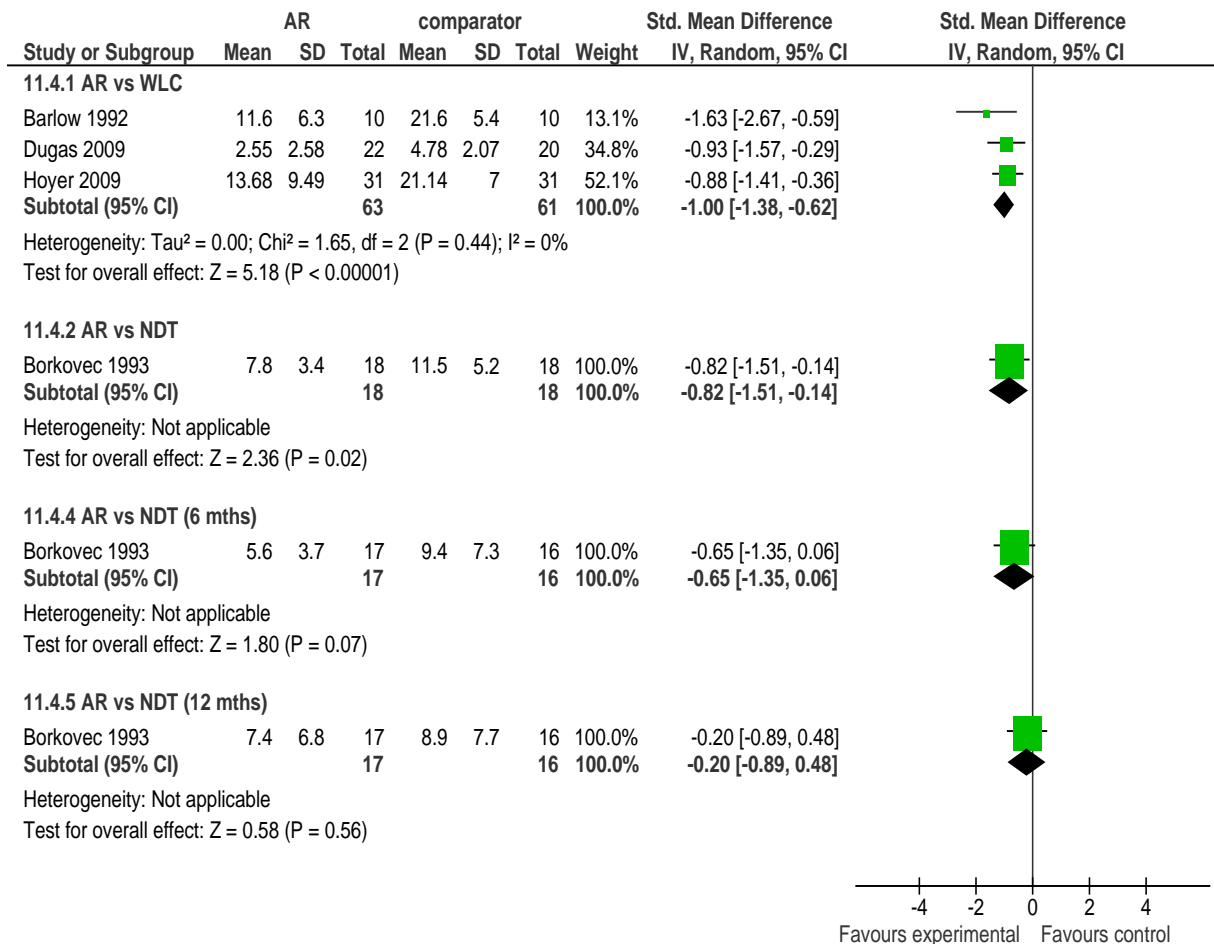


Anxiety (update): High intensity psychological interventions forest plots

2.2 Applied Relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

Outcome: Anxiety (clinician rated) outcome

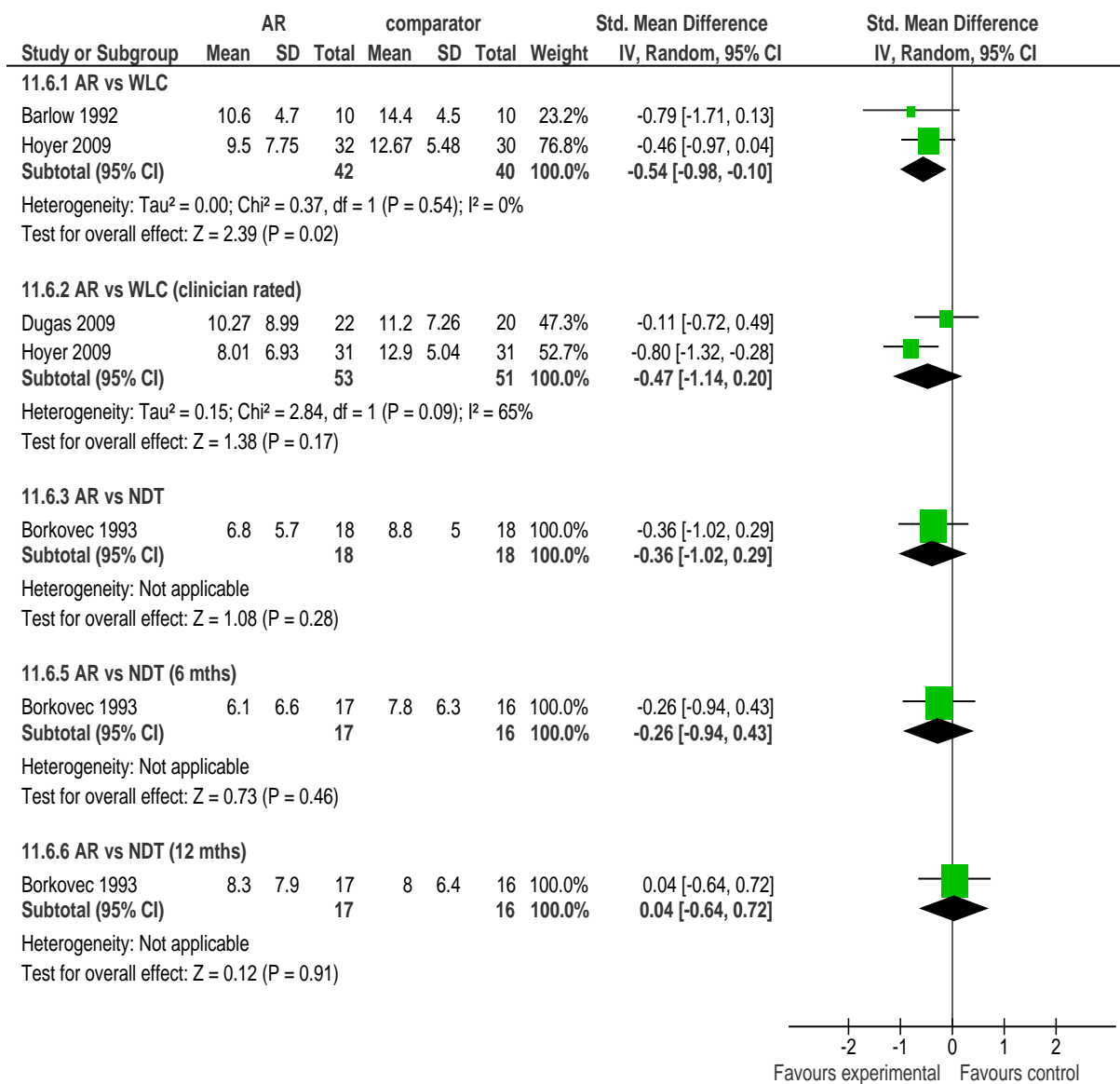


Anxiety (update): High intensity psychological interventions forest plots

2.3 Applied Relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

Outcome: Depression (self and clinician rated) outcome

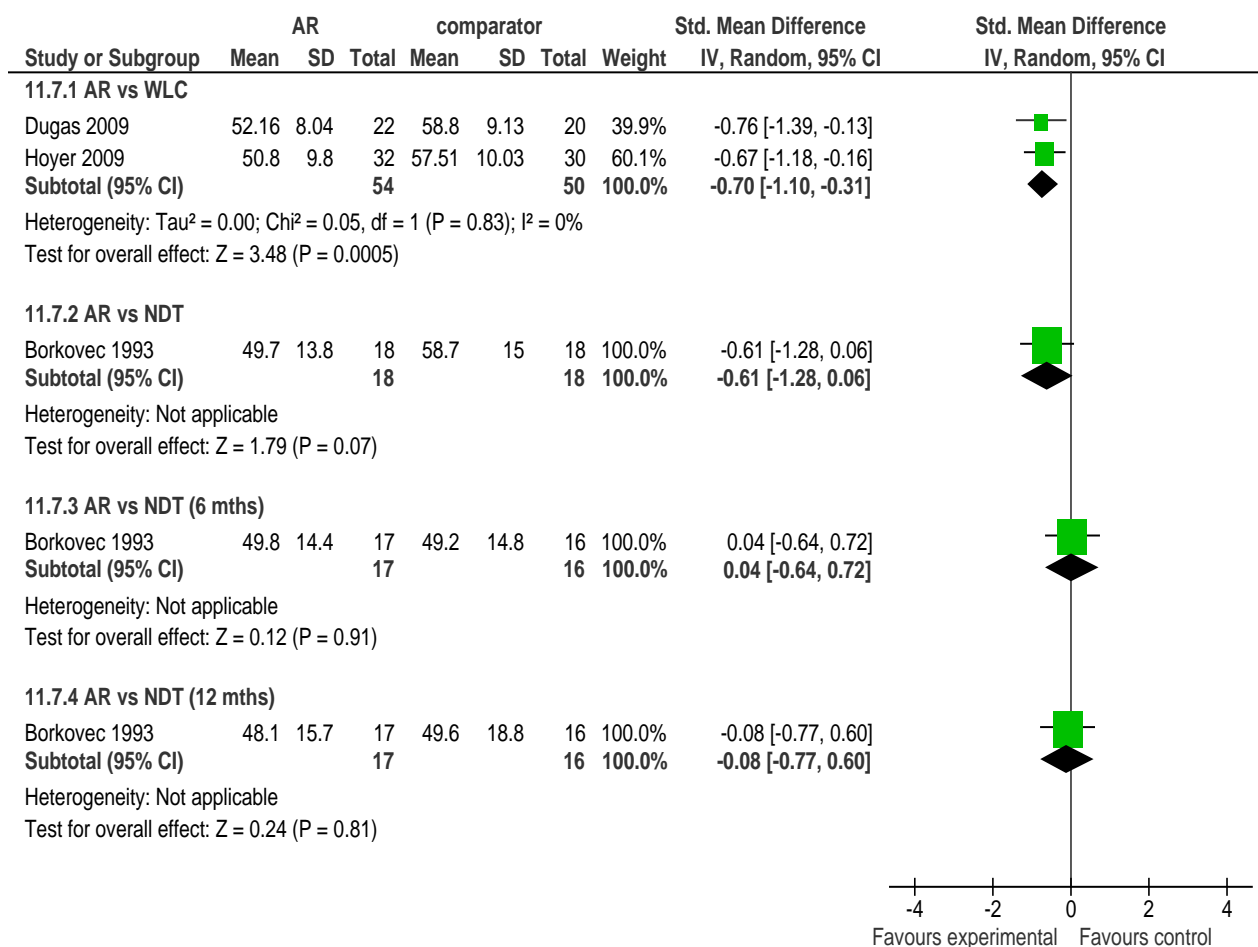


Anxiety (update): High intensity psychological interventions forest plots

2.4 Applied Relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

Outcome: Worry outcome

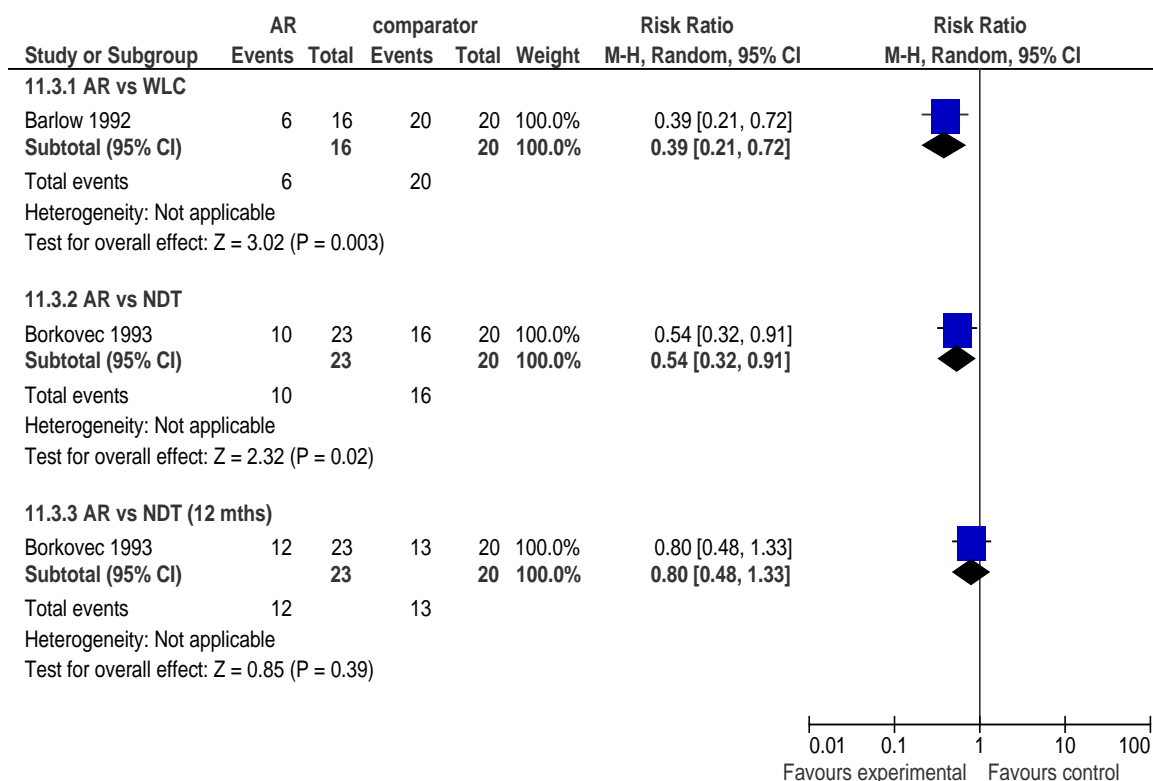


Anxiety (update): High intensity psychological interventions forest plots

2.5 Applied Relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

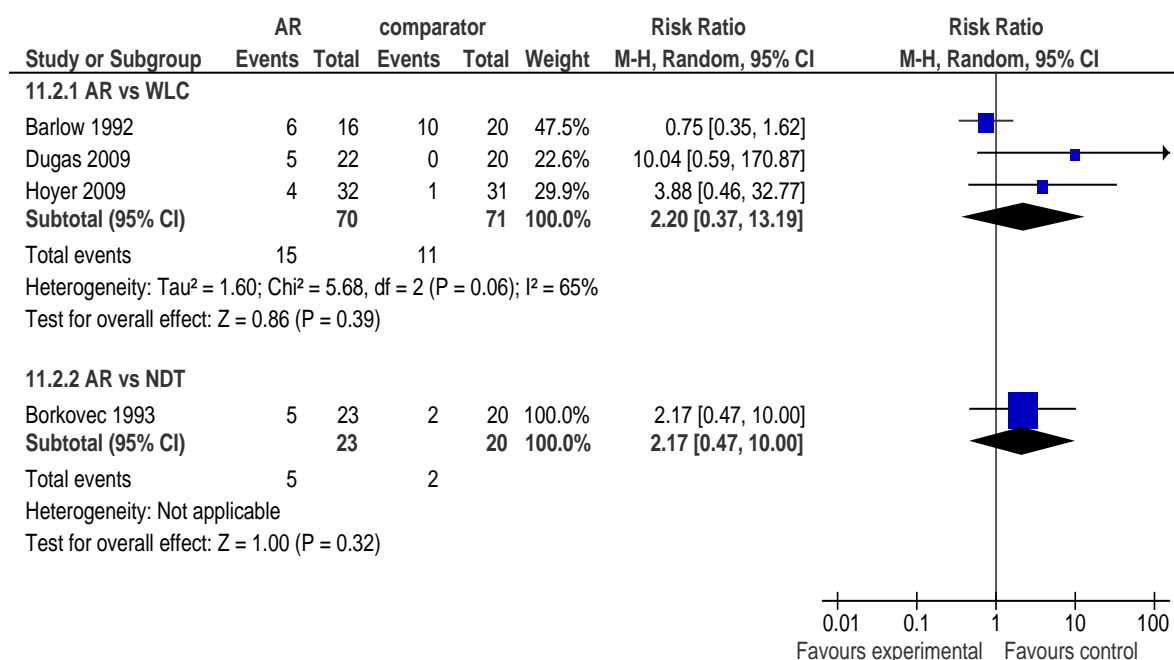
Outcome: Non response outcome



2.6 Applied Relaxation for GAD

Comparator: Waitlist control (WLC); Non-directive therapy (NDT)

Outcome: Discontinuation due to any reason

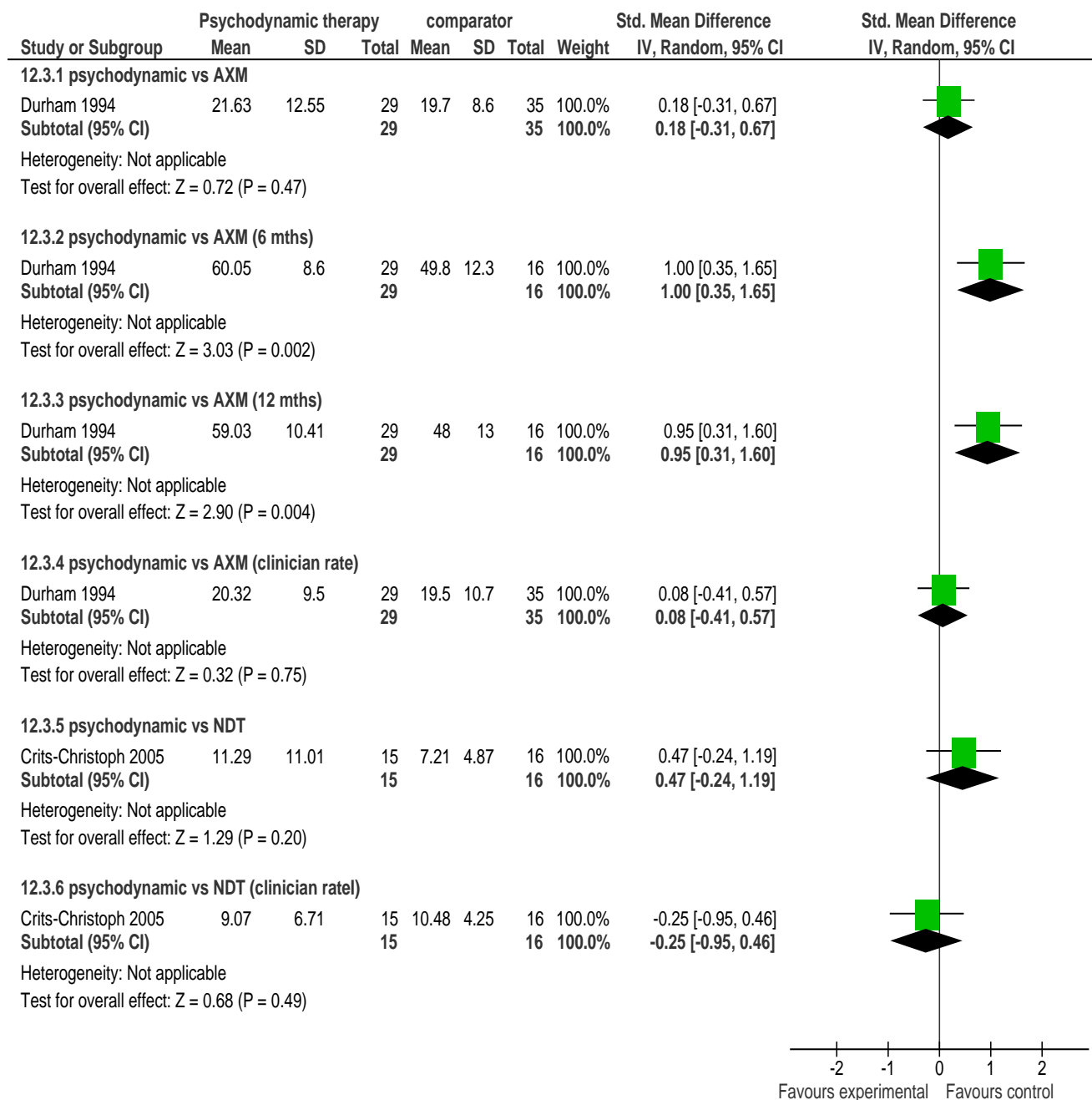


3 Psychodynamic therapy

3.1 Psychodynamic therapy for GAD

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

Outcome: Anxiety (self and clinician rated) outcome

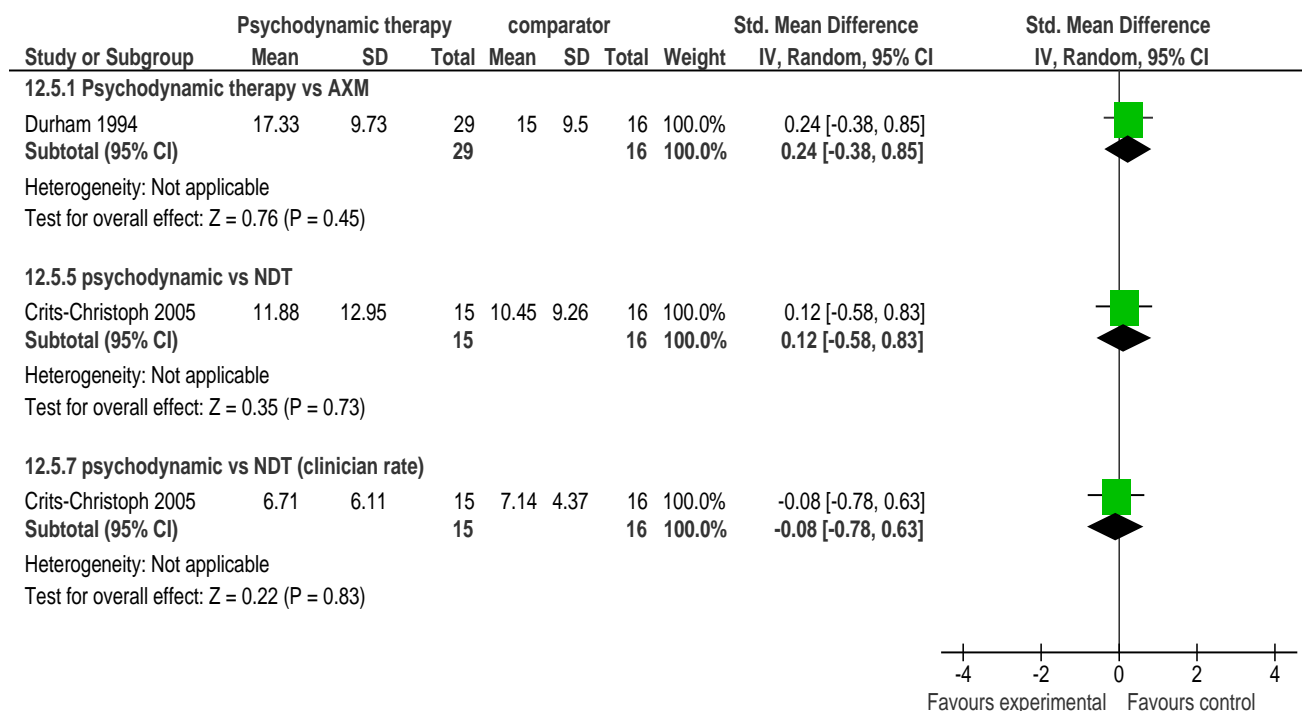


Anxiety (update): High intensity psychological interventions forest plots

3.2 Psychodynamic therapy for GAD

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

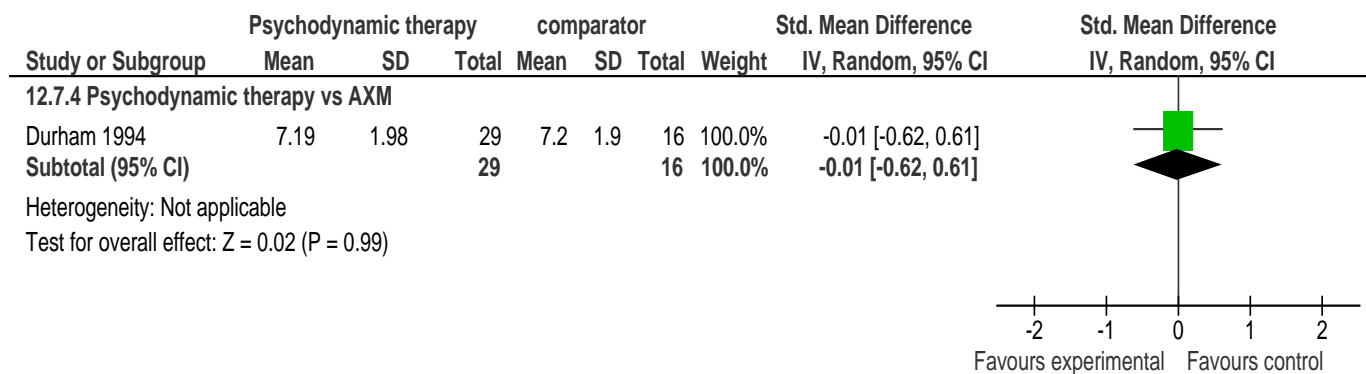
Outcome: Depression (self and clinician rated) outcome



3.3 Psychodynamic therapy for GAD

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

Outcome: Quality of Life outcome

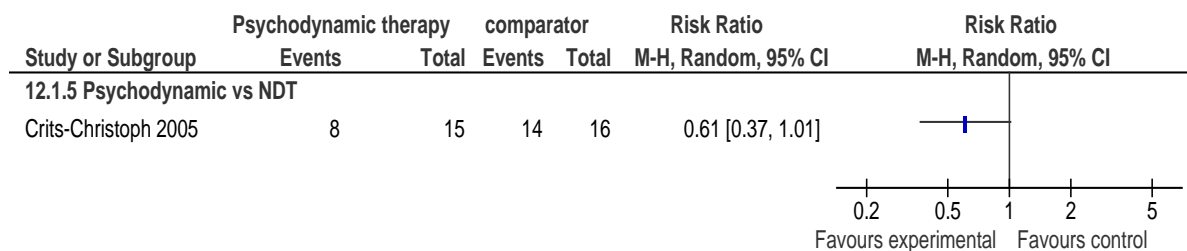


Anxiety (update): High intensity psychological interventions forest plots

3.4 Psychodynamic therapy for GAD

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

Outcome: Non remission outcome



3.5 Psychodynamic therapy for GAD

Comparator: Anxiety management training (AXM); Non-directive therapy (NDT)

Outcome: Discontinuation due to any reason

