Appendix 17d – Computerised Cognitive Behavioural Therapy (CCBT) Forest plots

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Waitlist control (WLC)
Outcome 1: Anxiety (self rated) outcome

| Study or Subgroup | Treatment (CCBT) | | | Wait-list Control | | | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Total | Mean | SD | Total | | | |
| 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: Tau² = 0.00; Chi² = 0.17, df = 1 (P = 0.68); I² = 0%
Test for overall effect: Z = 5.86 (P < 0.00001)

Favours CCBT  Favours control

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Waitlist control (WLC)
Outcome 2: Depression (self rated) outcome

| Study or Subgroup | Treatment (CCBT) | | | Wait-list Control | | | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Total | Mean | SD | Total | | | |
| 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: Tau² = 0.07; Chi² = 1.73, df = 1 (P = 0.19); I² = 42%
Test for overall effect: Z = 3.01 (P = 0.003)

Favours CCBT  Favours control

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Waitlist control (WLC)
Outcome 3: Quality of life (psychological) outcome

| Study or Subgroup | Treatment (CCBT) | | | Wait-list Control | | | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Total | Mean | SD | Total | | | |
| Carlbring 2001 | -2.2 | 1.2 | 21 | -1.3 | 1.2 | 20 | 39.4% | -0.74 [-1.37, -0.10] | |
| Carlbring 2006 | -1.8 | 1.6 | 30 | -1.1 | 1.6 | 30 | 60.6% | -0.43 [-0.94, 0.08] | |
| **Total (95% CI)** | | | 51 | | | 50 | 100.0% | **-0.55 [-0.95, -0.15]** | |

Heterogeneity: Tau² = 0.00; Chi² = 0.53, df = 1 (P = 0.47); I² = 0%
Test for overall effect: Z = 2.71 (P = 0.007)

Favours CCBT  Favours control

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Waitlist control (WLC)
Outcome 4: Non "Panic-free" status

| Study or Subgroup | Treatment (CCBT) | | Wait-list Control | | Weight | Risk Ratio M-H, Random, 95% CI | Risk Ratio M-H, Random, 95% CI |
|---|---|---|---|---|---|---|---|
| | Events | Total | Events | Total | | | |
| **1.11.1 Non-Remission (taken at 1 month post 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 applicable
Test for overall effect: Z = 4.40 (P < 0.0001)

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| **1.11.3 Non "Panic-free" (taken at 2 wks post 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 applicable
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: Tau² = 0.77; Chi² = 12.88, df = 1 (P = 0.0003); I² = 92%
Test for overall effect: Z = 1.28 (P = 0.20)

Favours CCBT  Favours control

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Waitlist control (WLC)
Outcome 5: Discontinuation due to any reason
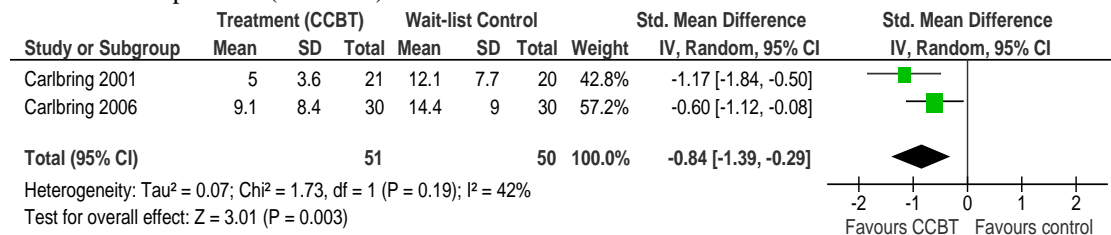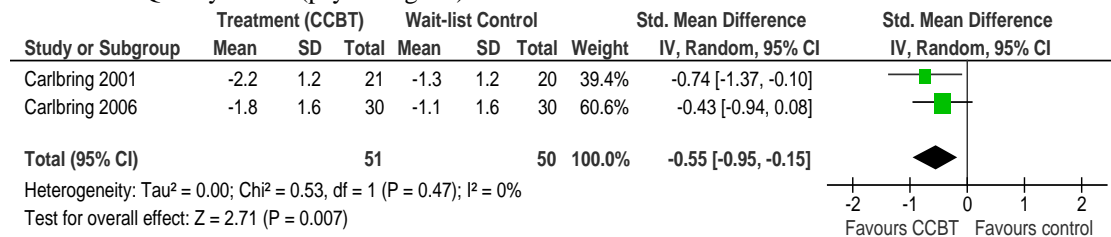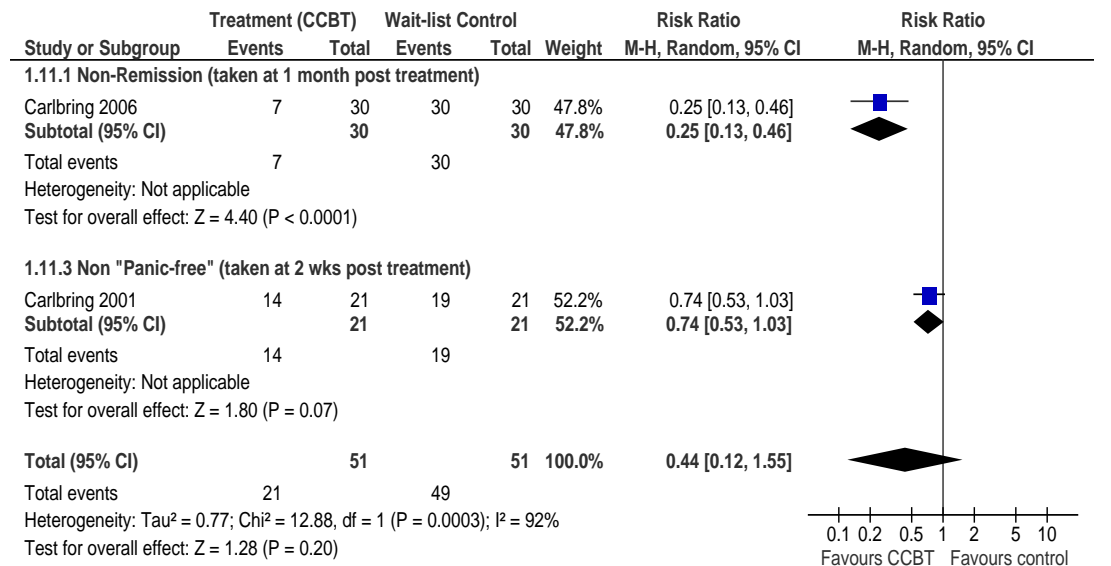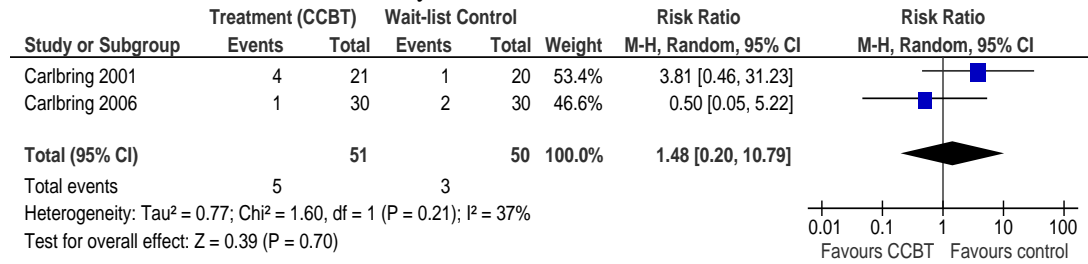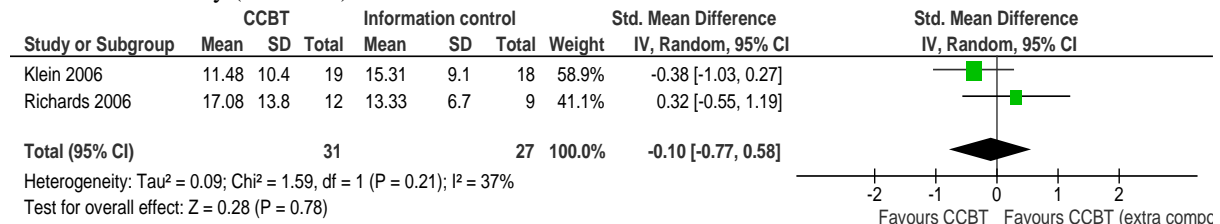
| Study or Subgroup | Treatment (CCBT) Events | Total | Wait-list Control Events | Total | Weight | Risk Ratio M-H, Random, 95% CI | Risk Ratio M-H, Random, 95% CI |
|---|---|---|---|---|---|---|---|
| Carlbring 2001 | 4 | 21 | 1 | 20 | 53.4% | 3.81 [0.46, 31.23] | |
| Carlbring 2006 | 1 | 30 | 2 | 30 | 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: Tau² = 0.77; Chi² = 1.60, df = 1 (P = 0.21); I² = 37%
Test for overall effect: Z = 0.39 (P = 0.70)


Favours CCBT  Favours control

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Information control
Outcome 6: Anxiety (self rated) outcome

| Study or Subgroup | CCBT Mean | SD | Total | Information control Mean | SD | Total | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| Klein 2006 | 11.48 | 10.4 | 19 | 15.31 | 9.1 | 18 | 58.9% | -0.38 [-1.03, 0.27] | |
| Richards 2006 | 17.08 | 13.8 | 12 | 13.33 | 6.7 | 9 | 41.1% | 0.32 [-0.55, 1.19] | |
| | | | | | | | | | |
| Total (95% CI) | | | 31 | | | 27 | 100.0% | -0.10 [-0.77, 0.58] | |

Heterogeneity: Tau² = 0.09; Chi² = 1.59, df = 1 (P = 0.21); I² = 37%
Test for overall effect: Z = 0.28 (P = 0.78)


Favours CCBT  Favours CCBT (extra compo

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Information control
Outcome 7: Panic severity outcome

| Study or Subgroup | CCBT Mean | SD | Total | Information control Mean | SD | Total | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| Klein 2006 | 6.18 | 6.2 | 19 | 19.78 | 4.4 | 18 | 51.6% | -2.46 [-3.34, -1.59] | |
| Richards 2006 | 9.54 | 5.7 | 12 | 16.78 | 4.8 | 9 | 48.4% | -1.30 [-2.27, -0.33] | |
| | | | | | | | | | |
| Total (95% CI) | | | 31 | | | 27 | 100.0% | -1.90 [-3.04, -0.76] | |

Heterogeneity: Tau² = 0.45; Chi² = 3.04, df = 1 (P = 0.08); I² = 67%
Test for overall effect: Z = 3.27 (P = 0.001)


Favours CCBT  Favours CCBT (extra compo

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Information control
Outcome 8: Depression (self rated) outcome

| Study or Subgroup | CCBT Mean | SD | Total | Information control Mean | SD | Total | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| Klein 2006 | 4.9 | 6.2 | 19 | 9.8 | 9.6 | 18 | 64.1% | -0.60 [-1.26, 0.06] | |
| 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] | |

Heterogeneity: Tau² = 0.00; Chi² = 0.02, df = 1 (P = 0.90); I² = 0%
Test for overall effect: Z = 2.12 (P = 0.03)


Favours CCBT  Favours info control
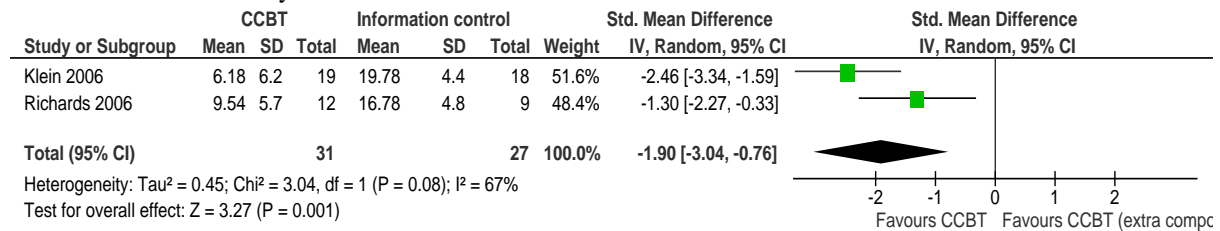
Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Information control
Outcome 9: Quality of life (psychological) outcome

| Study or Subgroup | CCBT Mean | SD | Total | Information control Mean | SD | Total | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| 2.7.1 QOL (Psychological) | | | | | | | | | |
| 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 applicable
Test for overall effect: Z = 0.57 (P = 0.57)


Favours CCBT  Favours CCBT (extra compo
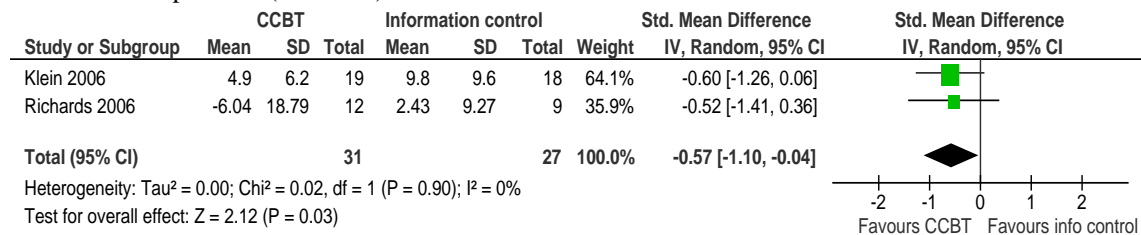
Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Information control
Outcome 10: Non "Panic-free" status

| Study or Subgroup | CCBT Events | Total | Information control Events | Total | Weight | Risk Ratio M-H, Random, 95% CI | Risk Ratio M-H, Random, 95% CI |
|---|---|---|---|---|---|---|---|
| Klein 2006 (1) | 5 | 19 | 17 | 18 | 54.5% | 0.28 [0.13, 0.60] | |
| Richards 2006 (2) | 4 | 12 | 8 | 9 | 45.5% | 0.38 [0.16, 0.86] | |
| **Total (95% CI)** | | **31** | | **27** | **100.0%** | **0.32 [0.18, 0.56]** | |
| Total events | 9 | | 25 | | | | |

Heterogeneity: Tau² = 0.00; Chi² = 0.27, df = 1 (P = 0.60); I² = 0%
Test for overall effect: Z = 3.99 (P < 0.0001)



0.01   0.1   1   10   100
Favours CCBT   Favours Info control

(1) taken at 5th week (1 wk before post assessment)
(2) taken at 7th week (1 wk before post assessment)

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Information control
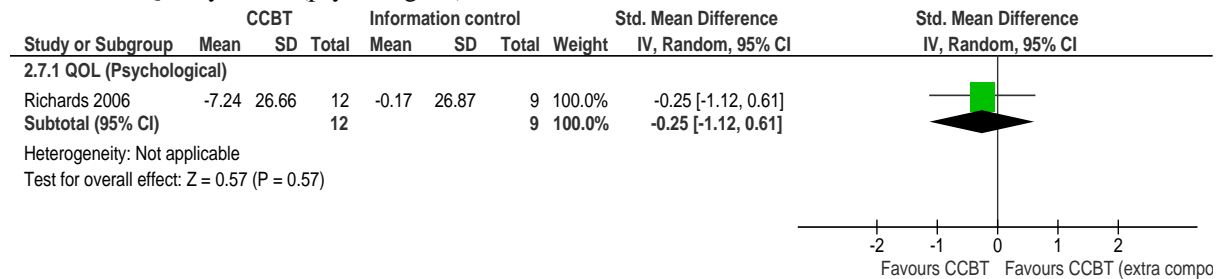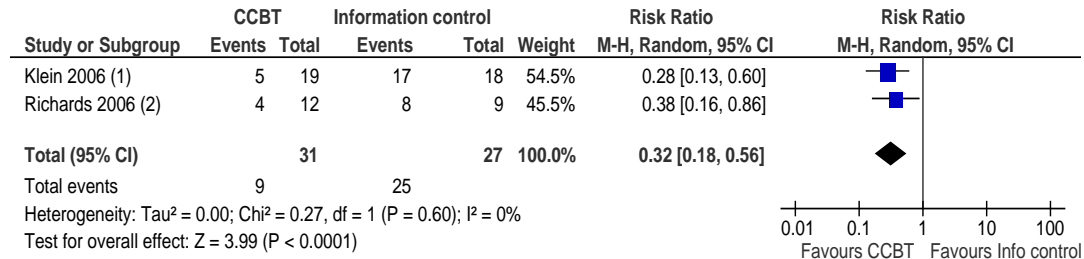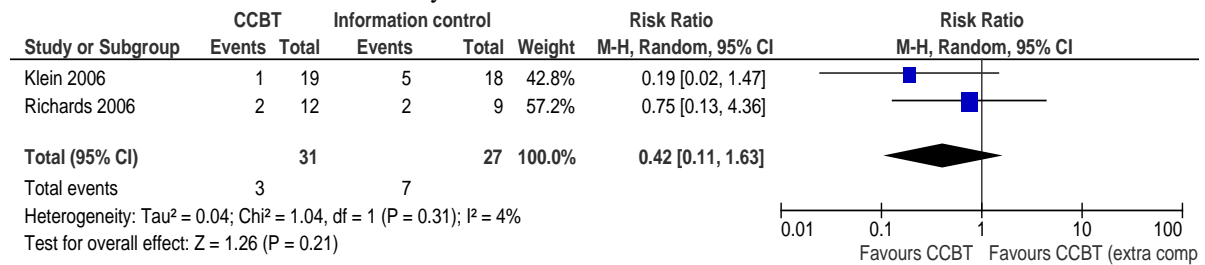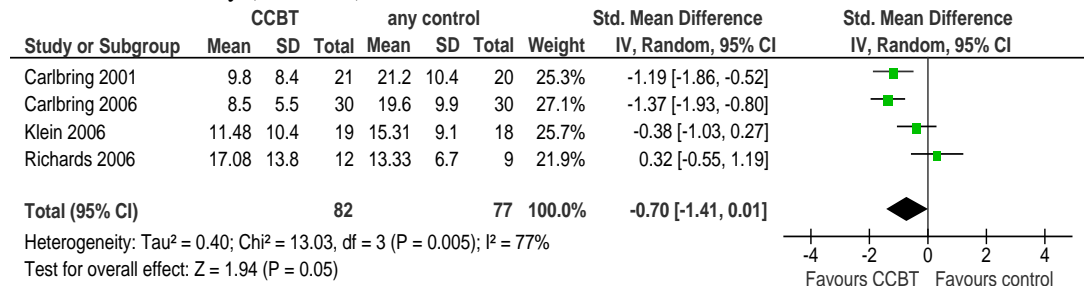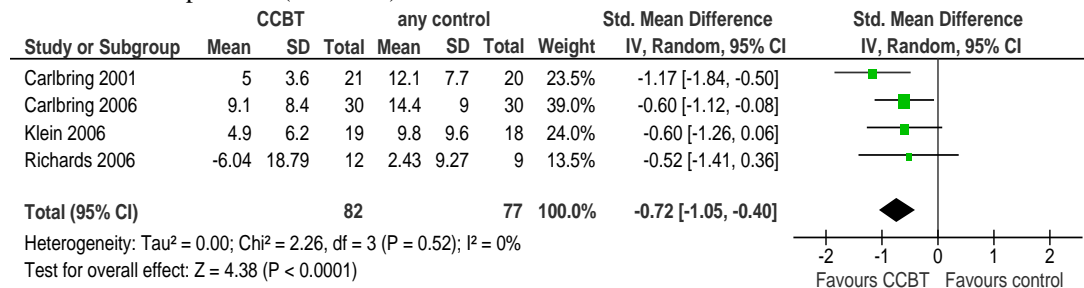Outcome 11: Discontinuation due to any reason

| Study or Subgroup | CCBT Events | Total | Information control Events | Total | Weight | Risk Ratio M-H, Random, 95% CI | Risk Ratio M-H, Random, 95% CI |
|---|---|---|---|---|---|---|---|
| Klein 2006 | 1 | 19 | 5 | 18 | 42.8% | 0.19 [0.02, 1.47] | |
| Richards 2006 | 2 | 12 | 2 | 9 | 57.2% | 0.75 [0.13, 4.36] | |
| **Total (95% CI)** | | **31** | | **27** | **100.0%** | **0.42 [0.11, 1.63]** | |
| Total events | 3 | | 7 | | | | |

Heterogeneity: Tau² = 0.04; Chi² = 1.04, df = 1 (P = 0.31); I² = 4%
Test for overall effect: Z = 1.26 (P = 0.21)



0.01   0.1   1   10   100
Favours CCBT   Favours CCBT (extra comp

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Any control (waitlist control or information control)
Outcome 12: Anxiety (self rated) outcome

| Study or Subgroup | CCBT Mean | SD | Total | any control Mean | SD | Total | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference 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: Tau² = 0.40; Chi² = 13.03, df = 3 (P = 0.005); I² = 77%
Test for overall effect: Z = 1.94 (P = 0.05)



-4   -2   0   2   4
Favours CCBT   Favours control

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Any control (waitlist control or information control)
Outcome 13: Depression (self rated) outcome

| Study or Subgroup | CCBT Mean | SD | Total | any control Mean | SD | Total | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference 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: Tau² = 0.00; Chi² = 2.26, df = 3 (P = 0.52); I² = 0%
Test for overall effect: Z = 4.38 (P < 0.0001)



-2   -1   0   1   2
Favours CCBT   Favours control

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Any control (waitlist control or information control)
Outcome 14: Quality of life (psychological) outcome

| Study or Subgroup | CCBT Mean | SD | Total | any control Mean | SD | Total | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference 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: Tau² = 0.00; Chi² = 0.91, df = 2 (P = 0.64); I² = 0%
Test for overall effect: Z = 2.70 (P = 0.007)
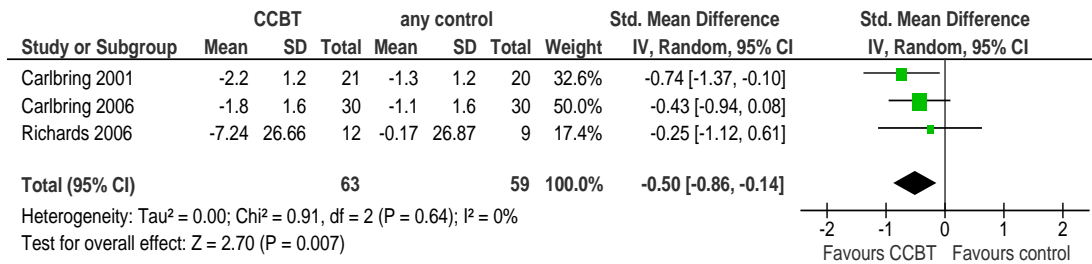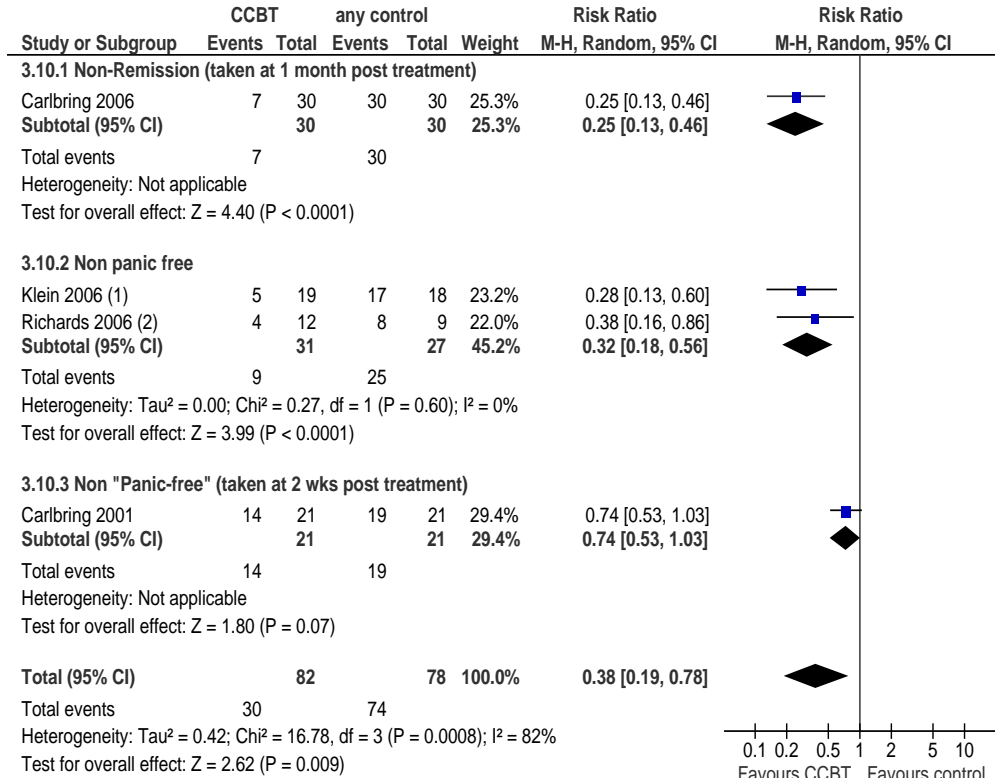
Favours CCBT   Favours control

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Any control (waitlist control or information control)
Outcome 15: Non "Panic-free" status

| Study or Subgroup | CCBT Events | Total | any control Events | Total | Weight | Risk Ratio M-H, Random, 95% CI | Risk Ratio M-H, Random, 95% CI |
|---|---|---|---|---|---|---|---|
| **3.10.1 Non-Remission (taken at 1 month post treatment)** | | | | | | | |
| Carlbring 2006 | 7 | 30 | 30 | 30 | 25.3% | 0.25 [0.13, 0.46] | |
| Subtotal (95% CI) | | 30 | | 30 | 25.3% | 0.25 [0.13, 0.46] | |
| Total events | 7 | | 30 | | | | |
| Heterogeneity: Not applicable | | | | | | | |
| Test for overall effect: Z = 4.40 (P < 0.0001) | | | | | | | |
| | | | | | | | |
| **3.10.2 Non panic free** | | | | | | | |
| Klein 2006 (1) | 5 | 19 | 17 | 18 | 23.2% | 0.28 [0.13, 0.60] | |
| Richards 2006 (2) | 4 | 12 | 8 | 9 | 22.0% | 0.38 [0.16, 0.86] | |
| Subtotal (95% CI) | | 31 | | 27 | 45.2% | 0.32 [0.18, 0.56] | |
| Total events | 9 | | 25 | | | | |
| Heterogeneity: Tau² = 0.00; Chi² = 0.27, df = 1 (P = 0.60); I² = 0% | | | | | | | |
| Test for overall effect: Z = 3.99 (P < 0.0001) | | | | | | | |
| | | | | | | | |
| **3.10.3 Non "Panic-free" (taken at 2 wks post treatment)** | | | | | | | |
| Carlbring 2001 | 14 | 21 | 19 | 21 | 29.4% | 0.74 [0.53, 1.03] | |
| Subtotal (95% CI) | | 21 | | 21 | 29.4% | 0.74 [0.53, 1.03] | |
| Total events | 14 | | 19 | | | | |
| Heterogeneity: Not applicable | | | | | | | |
| Test for overall effect: Z = 1.80 (P = 0.07) | | | | | | | |
| | | | | | | | |
| Total (95% CI) | | 82 | | 78 | 100.0% | 0.38 [0.19, 0.78] | |
| Total events | 30 | | 74 | | | | |

Heterogeneity: Tau² = 0.42; Chi² = 16.78, df = 3 (P = 0.0008); I² = 82%
Test for overall effect: Z = 2.62 (P = 0.009)
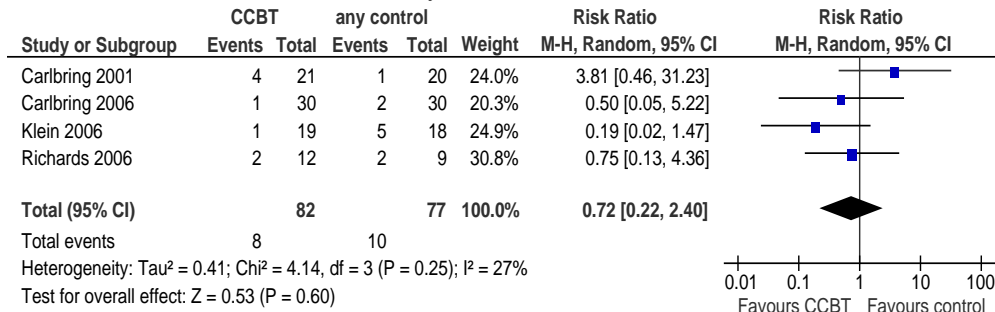
Favours CCBT   Favours control

(1) taken at 5th week (1 wk before post assessment)
(2) taken at 7th week (1 wk before post assessment)

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Any control (waitlist control or information control)
Outcome 16: Discontinuation due to any reason

| Study or Subgroup | CCBT Events | Total | any control Events | Total | Weight | Risk Ratio M-H, Random, 95% CI | Risk Ratio 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: Tau² = 0.41; Chi² = 4.14, df = 3 (P = 0.25); I² = 27%
Test for overall effect: Z = 0.53 (P = 0.60)

Favours CCBT   Favours control
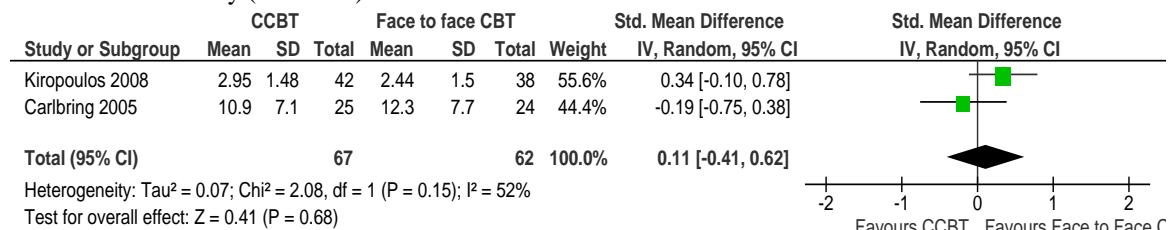
Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Traditional face to face CBT
Outcome 17: Anxiety (self rated) outcome

| Study or Subgroup | CCBT | | | Face to face CBT | | | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Total | Mean | SD | Total | | | |
| 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] | |

Heterogeneity: Tau² = 0.07; Chi² = 2.08, df = 1 (P = 0.15); I² = 52%
Test for overall effect: Z = 0.41 (P = 0.68)

Favours CCBT    Favours Face to Face C

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
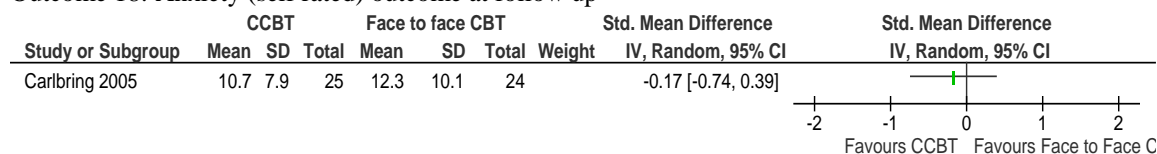Comparator: Traditional face to face CBT
Outcome 18: Anxiety (self rated) outcome at follow up

| Study or Subgroup | CCBT | | | Face to face CBT | | | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Total | Mean | SD | Total | | | |
| Carlbring 2005 | 10.7 | 7.9 | 25 | 12.3 | 10.1 | 24 | | -0.17 [-0.74, 0.39] | |

Favours CCBT    Favours Face to Face C

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
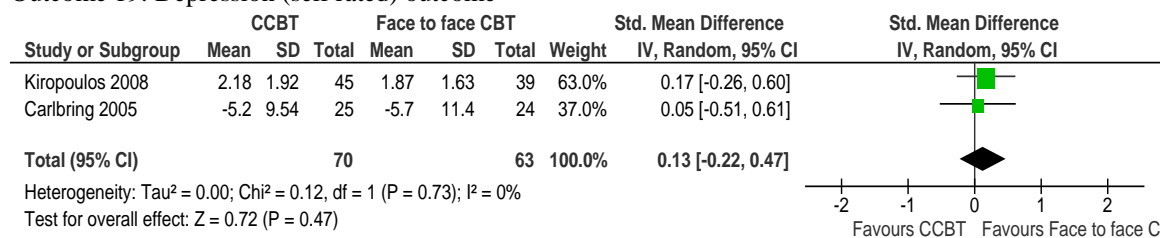Comparator: Traditional face to face CBT
Outcome 19: Depression (self rated) outcome

| Study or Subgroup | CCBT | | | Face to face CBT | | | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Total | Mean | SD | Total | | | |
| 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: Tau² = 0.00; Chi² = 0.12, df = 1 (P = 0.73); I² = 0%
Test for overall effect: Z = 0.72 (P = 0.47)

Favours CCBT    Favours Face to face C

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Traditional face to face CBT
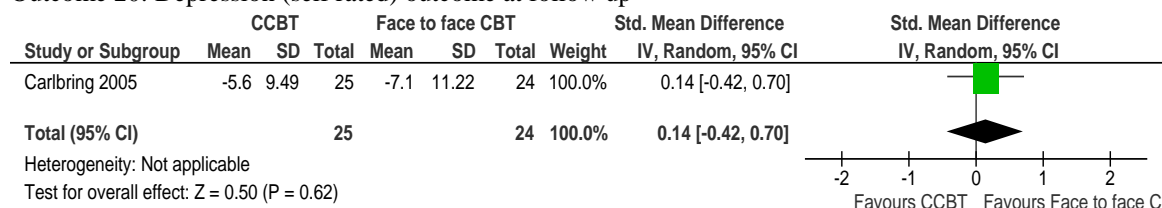Outcome 20: Depression (self rated) outcome at follow up

| Study or Subgroup | CCBT | | | Face to face CBT | | | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Total | Mean | SD | Total | | | |
| 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 applicable
Test for overall effect: Z = 0.50 (P = 0.62)

Favours CCBT    Favours Face to face C

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Traditional face to face CBT
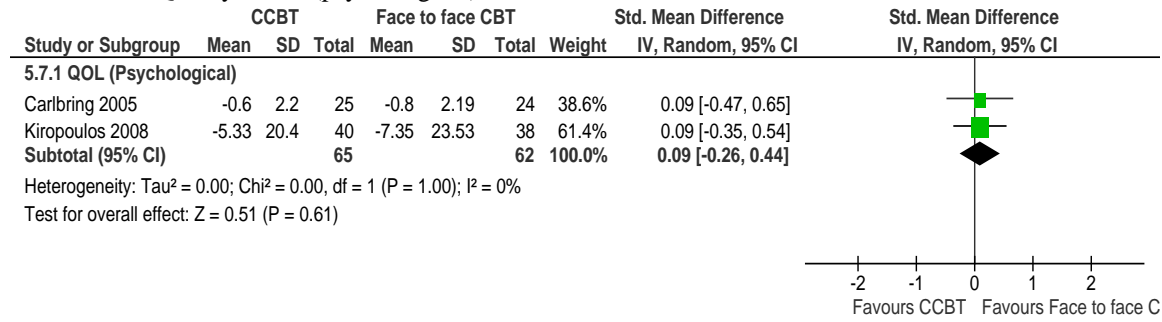Outcome 21: Quality of life (psychological) outcome

| Study or Subgroup | CCBT Mean | SD | Total | Face to face CBT Mean | SD | Total | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| 5.7.1 QOL (Psychological) | | | | | | | | | |
| 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: Tau² = 0.00; Chi² = 0.00, df = 1 (P = 1.00); I² = 0%
Test for overall effect: Z = 0.51 (P = 0.61)

-2 -1 0 1 2
Favours CCBT  Favours Face to face C

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Traditional face to face CBT
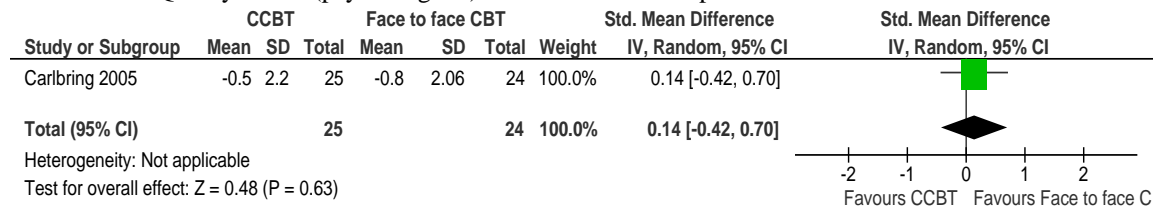Outcome 22: Quality of life (psychological) outcome at follow up

| Study or Subgroup | CCBT Mean | SD | Total | Face to face CBT Mean | SD | Total | Weight | Std. Mean Difference IV, Random, 95% CI | Std. Mean Difference IV, Random, 95% 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 applicable
Test for overall effect: Z = 0.48 (P = 0.63)

-2 -1 0 1 2
Favours CCBT  Favours Face to face C

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Traditional face to face CBT
Outcome 23: Non "Panic-free" status
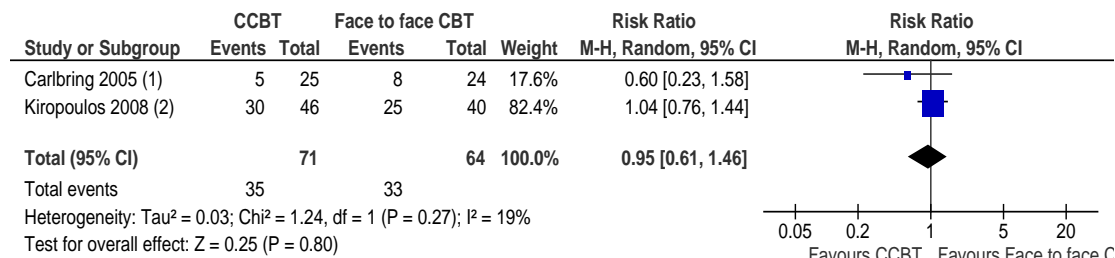
| Study or Subgroup | CCBT Events | Total | Face to face CBT Events | Total | Weight | Risk Ratio M-H, Random, 95% CI | Risk Ratio M-H, Random, 95% CI |
|---|---|---|---|---|---|---|---|
| Carlbring 2005 (1) | 5 | 25 | 8 | 24 | 17.6% | 0.60 [0.23, 1.58] | |
| Kiropoulos 2008 (2) | 30 | 46 | 25 | 40 | 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: Tau² = 0.03; Chi² = 1.24, df = 1 (P = 0.27); I² = 19%
Test for overall effect: Z = 0.25 (P = 0.80)

0.05 0.2 1 5 20
Favours CCBT  Favours Face to face C

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

Review: Computerised Cognitive Behavioural Therapy (CCBT) for Panic Disorder
Comparator: Traditional face to face CBT
Outcome 24: Discontinuation due to any reason

| Study or Subgroup | CCBT Events | Total | Face to face CBT Events | Total | Weight | Risk Ratio M-H, Random, 95% CI | Risk Ratio M-H, Random, 95% 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: Tau² = 0.00; Chi² = 0.54, df = 1 (P = 0.46); I² = 0%
Test for overall effect: Z = 0.62 (P = 0.53)

0.05 0.2 1 5 20
Favours CCBT  Favours Face to face C