

ECONOMIC EVIDENCE PROFILES – low intensity psychological interventions

Clinical / economic question: Should pure self-help vs comparator be used for pure GAD, mixed anxiety disorders or both population?

Pure self-help 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		£15	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; no sensitivity analysis undertaken
3. Cost analysis conducted to assist guideline development; NHS perspective

Clinical / economic question: Should guided self-help vs comparator be used for pure GAD, mixed anxiety disorders or both population?

Guided bibliotherapy versus waiting list							
Study & country	Limitations	Applicability	Other comments	Incremental cost (£)¹	Incremental effect	ICER (£/effect)¹	Uncertainty¹
Guideline analysis UK	Potentially serious limitations ²	Directly applicable ³		£83-150	n/a	n/a	£83-150
cCBT versus waiting list for people with GAD							
Study & country	Limitations	Applicability	Other comments	Incremental cost (£)¹	Incremental effect	ICER (£/effect)¹	Uncertainty¹
Guideline analysis UK	Minor limitations ⁴	Directly applicable ⁵		£22.05	0.04	£541/QALY	Probability of cost effectiveness at £20,000/QALY: 93%

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
4. Limited evidence base (1 RCT); intervention currently not available in the UK
5. Analysis conducted to assist guideline development; NHS & personal social services perspective; QALYs estimated based on the generic SF-6D

Clinical / economic question: Should group psychoeducation (CBT) vs comparator be used for pure GAD, mixed anxiety disorders or both populations?

Psychoeducational group 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		£36-108	n/a	n/a	£36-108

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