Author(s):
Date: 2010-04-03
Question: CCBT vs Wait-list control for Panic disorder
Settings:
Bibliography: . CCBT for Panic disorder. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

		Quality assessment					Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	CCBT	Wait-list control	Relative (95% CI)	Absolute		
Measure of general anxiety (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	51	50	-	SMD 1.29 lower (1.72 to 0.86 lower)	⊕⊕⊕⊕ HIGH	
Measure of depression (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	51	50	-	SMD 0.84 lower (1.39 to 0.29 lower)	⊕⊕⊕⊕ HIGH	
Measure of Quality of Life (psychological) (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	51	50	-	SMD 0.55 lower (0.95 to 0.15 lower)	⊕⊕⊕⊕ HIGH	
Non Panic free status (clinician and self-report) - Non-Remission (1 mth posttreatment no longer fulfill PD diagnostic criteria)												
2	randomised trials	no serious limitations	very serious[1]	no serious indirectness	serious[2]	none	21/51 (41.2%)	49/51 (96.1%)	RR 0.44 (0.12 to 1.55)	538 fewer per 1000 (from 845 fewer to 528 more)	⊕OOO VERY LOW	
								100%		560 fewer per 1000 (from 880 fewer to 550 more)		
Discontinuation due to any reason												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious[2]	none	5/51 (9.8%)	3/50 (6%)	RR 1.48 (0.2 to 10.79)	29 more per 1000 (from 48 fewer to 587 more)	⊕⊕⊕O MODERATE	
								5.8%		28 more per 1000 (from 46 fewer to 568 more)		

[1] High heterogeneity (>80%)
[2] 95% confidence interval include no effect

Author(s):
Date: 2010-04-03
Question: Should CCBT vs information control be used for Panic disorder?
Settings:
Bibliography: . CCBT for Panic disorder. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	CCBT	information control	Relative (95% CI)	Absolute	Quality	Importance
Quality assessment							**Summary of findings**					
							No of patients		**Effect**			
Measure of general anxiety (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious[1]	none	31	27	-	SMD 0.1 lower (0.77 lower to 0.58 higher)	⊕⊕⊕O MODERATE	
Measure of panic severity (Better indicated by lower values)												
2	randomised trials	no serious limitations	serious[2]	no serious indirectness	no serious imprecision	none	31	27	-	SMD 1.9 lower (3.04 to 0.76 lower)	⊕⊕⊕O MODERATE	
Measure of depression (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	31	27	-	SMD 0.57 lower (1.1 to 0.04 lower)	⊕⊕⊕⊕ HIGH	
Measure of Quality of life (Psychological) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious[1]	none	12	9	-	SMD 0.25 lower (1.12 lower to 0.61 higher)	⊕⊕⊕O MODERATE	
Non "Panic free" status (clinician and self-report) - Non panic free												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	9/31 (29%)	25/27 (92.6%)	RR 0.32 (0.18 to 0.56)	630 fewer per 1000 (from 407 fewer to 759 fewer)	⊕⊕⊕⊕ HIGH	
								91.7%		624 fewer per 1000 (from 403 fewer to 752 fewer)		
Discontinuation due to any reason												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious[1]	none	3/31 (9.7%)	7/27 (25.9%)	RR 0.42 (0.11 to 1.63)	150 fewer per 1000 (from 231 fewer to 163 more)	⊕⊕⊕O MODERATE	
								25%		145 fewer per 1000 (from 222 fewer to 157 more)		

[1] 95% confidence interval include no effect
[2] Moderate heterogeneity (50-80%)

Author(s):
Date: 2010-04-03
Question: Should CCBT vs any control (WLC or information control) be used for Panic disorder?
Settings:
Bibliography: . CCBT for Panic disorder. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

Quality assessment							Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	CCBT	any control (WLC or information control)	Relative (95% CI)	Absolute		
Measure of general anxiety (Better indicated by lower values)												
4	randomised trials	no serious limitations	serious[1]	serious[2]	no serious imprecision	none	82	77	-	SMD 0.7 lower (1.41 lower to 0.01 higher)	⊕⊕OO LOW	
Measure of panic severity (Better indicated by lower values)												
4	randomised trials	no serious limitations	no serious inconsistency	serious[2]	no serious imprecision	none	82	77	-	SMD 1.78 lower (2.26 to 1.31 lower)	⊕⊕⊕O MODERATE	
Measure of depression (Better indicated by lower values)												
4	randomised trials	no serious limitations	no serious inconsistency	serious[2]	no serious imprecision	none	82	77	-	SMD 0.72 lower (1.05 to 0.4 lower)	⊕⊕⊕O MODERATE	
Measure of Quality of Life - QOL (Psychological) (Better indicated by lower values)												
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	63	59	-	SMD 0.5 lower (0.86 to 0.14 lower)	⊕⊕⊕⊕ HIGH	
Non-Panic free status (clinician and self-report)												
4	randomised trials	no serious limitations	serious[1]	serious[2]	no serious imprecision	none	30/82 (36.6%)	74/78 (94.9%)	RR 0.38 (0.19 to 0.78)	588 fewer per 1000 (from 209 fewer to 768 fewer)	⊕⊕OO LOW	
								94.6%		587 fewer per 1000 (from 208 fewer to 766 fewer)		
Discontinuation due to any reason												
4	randomised trials	no serious limitations	no serious inconsistency	serious[2]	serious[3]	none	8/82 (9.8%)	10/77 (13%)	RR 0.72 (0.22 to 2.4)	36 fewer per 1000 (from 101 fewer to 182 more)	⊕⊕OO LOW	
								14.4%		40 fewer per 1000 (from 112 fewer to 202 more)		

[1] moderate heterogeneity (50-80%)
[2] different comparator
[3] 95% confidence interval include no effect

Author(s):
Date: 2010-04-03
Question: CCBT vs Face to Face CBT for Panic disorder
Settings:
Bibliography: . CCBT for Panic disorder. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

	Quality assessment						Summary of findings					Importance
							No of patients		Effect		Quality	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	CCBT	Face to Face CBT	Relative (95% CI)	Absolute		
Measure of general anxiety (Better indicated by lower values)												
2	randomised trials	no serious limitations	serious[1]	no serious indirectness	serious[2]	none	67	62	-	SMD 0.11 higher (0.41 lower to 0.62 higher)	⊕⊕OO LOW	
Measure of depression (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious[2]	none	70	63	-	SMD 0.13 higher (0.22 lower to 0.47 higher)	⊕⊕⊕O MODERATE	
Measure of Quality of Life - QOL (Psychological) (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious[2]	none	65	62	-	SMD 0.09 higher (0.26 lower to 0.44 higher)	⊕⊕⊕O MODERATE	
Panic free status (clinician and self-report)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious[2]	none	35/71 (49.3%)	33/64 (51.6%)	RR 0.95 (0.61 to 1.46)	26 fewer per 1000 (from 201 fewer to 237 more)	⊕⊕⊕O MODERATE	
								47.9%		24 fewer per 1000 (from 187 fewer to 220 more)		
Discontinuation due to any reason												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious[2]	none	8/71 (11.3%)	5/64 (7.8%)	RR 1.41 (0.48 to 4.2)	32 more per 1000 (from 41 fewer to 250 more)	⊕⊕⊕O MODERATE	
								8.8%		36 more per 1000 (from 46 fewer to 282 more)		

[1] Moderate heterogeneity (50-80%)
[2] 95% confidence interval include no effect