Appendix 17a - Low intensity psychology interventions Forest plots

Pure self help comparisons

Outcome 1: Anxiety (self rated) outcome....3
Outcome 2: Anxiety (self rated) outcome....3
Outcome 3: Anxiety (self rated) outcome....3
Outcome 4: Depression (self rated) outcome....4
Outcome 5: Non remission outcome....4
Outcome 6: Drop outs....5
Outcome 7: Drop outs....5
Outcome 8: Drop outs....5

Guided self help comparisons

Outcome 9: Anxiety (self-rated) outcome....6
Outcome 10: Anxiety (self-rated) outcome....6
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Outcome 12: Depression (self-rated) outcome....7
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Outcome 14: Depression (self-rated) outcome....8
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Outcome 16:Worry outcome....9
Outcome 17:Worry outcome....9
Outcome 18:Non remission outcome....10
Outcome 19:Non remission outcome....10
Outcome 20:Non remission outcome....10
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Outcome 23:Drop out outcome....11
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Psychoeducational group comparisons

Outcome 25:Anxiety (self-rated) outcome....12
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Outcome 27: Worry outcome....14
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Different treatment comparisons

Outcome 29: Anxiety (self-rated) outcome....15

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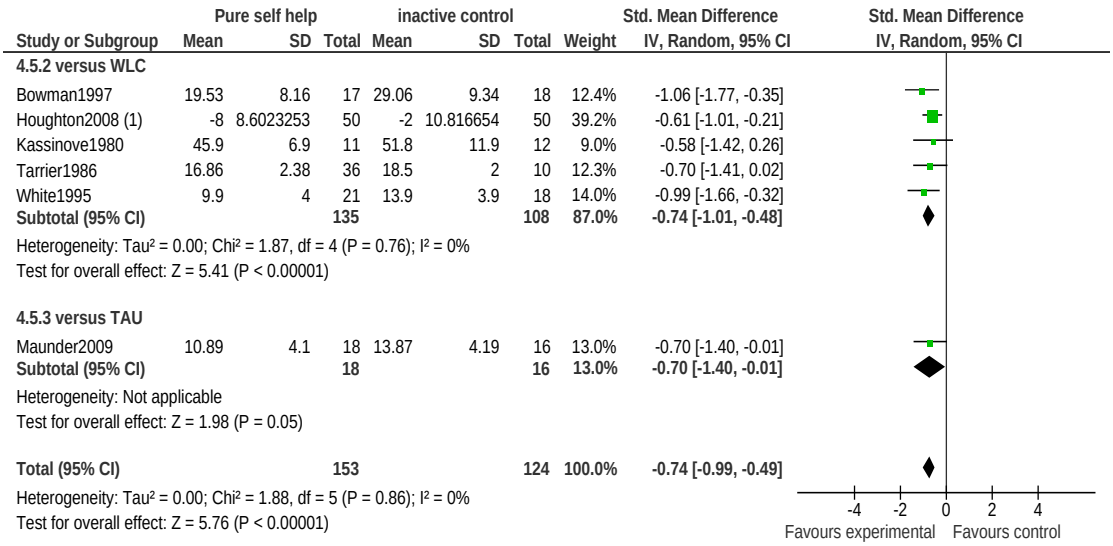
Outcome 31: Worry outcome 17
Outcome 32: Drop out 18

Review: Low intensity psychology interventions 01 Pure self help in *combined population*

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

Outcome 1: Anxiety (self rated) outcome

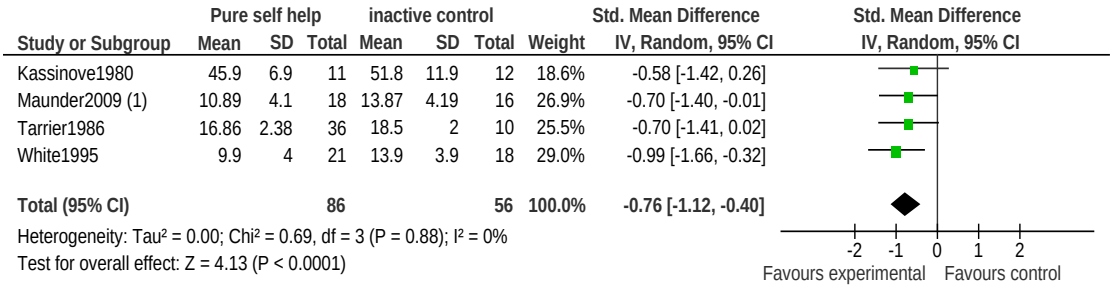


(1) change score

Review: Low intensity psychology interventions 01 Pure self help in *mixed anxiety population*

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

Outcome 2: Anxiety (self rated) outcome

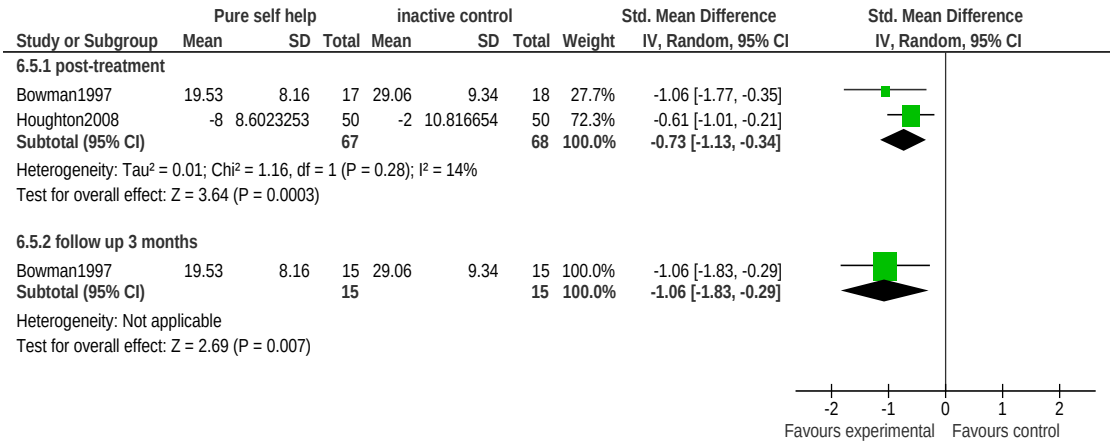


(1) TAU

Review: Low intensity psychology interventions 01 Pure self help in *pure GAD population*

Comparator: Waitlist control (WLC)

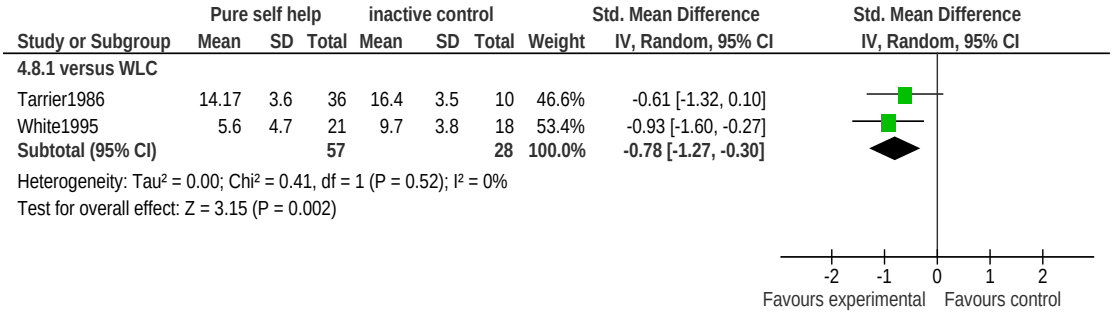
Outcome 3: Anxiety (self rated) outcome



Review: Low intensity psychology interventions 01 Pure self help in *mixed anxiety population*

Comparator: Waitlist control (WLC)

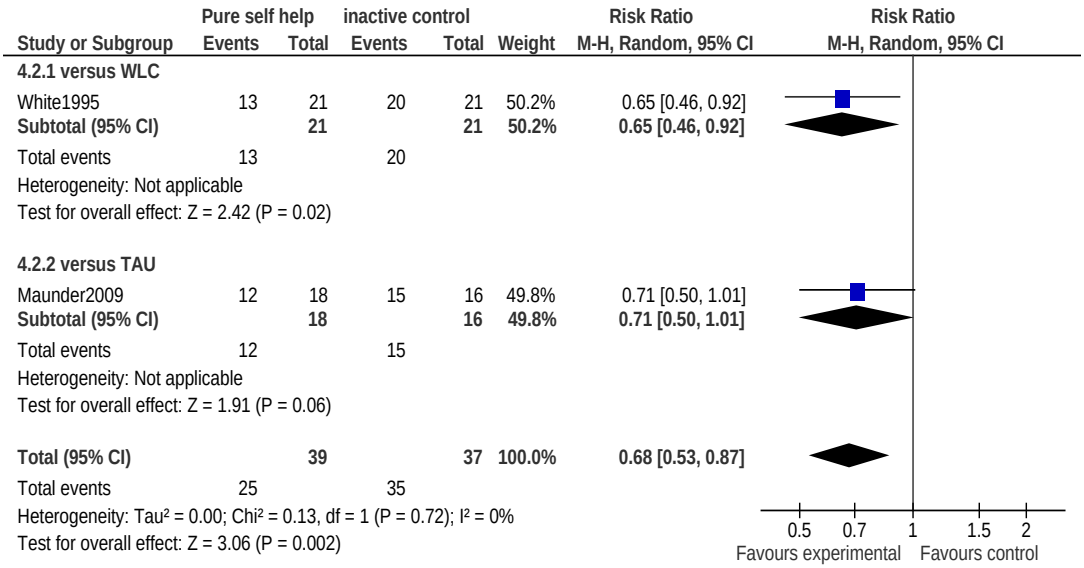
Outcome 4: Depression (self rated) outcome



Review: Low intensity psychology interventions 01 Pure self help in *mixed anxiety population*

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

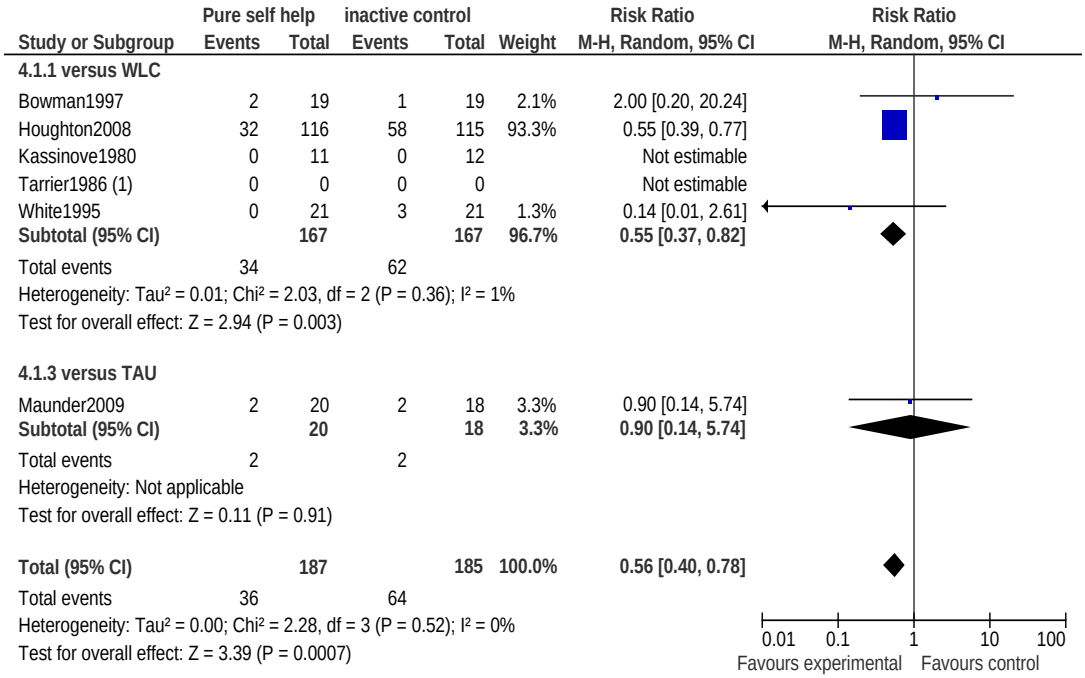
Outcome 5: Non remission outcome



Review: Low intensity psychology interventions 01 Pure self help in *combined population*

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

Outcome 6: Drop outs

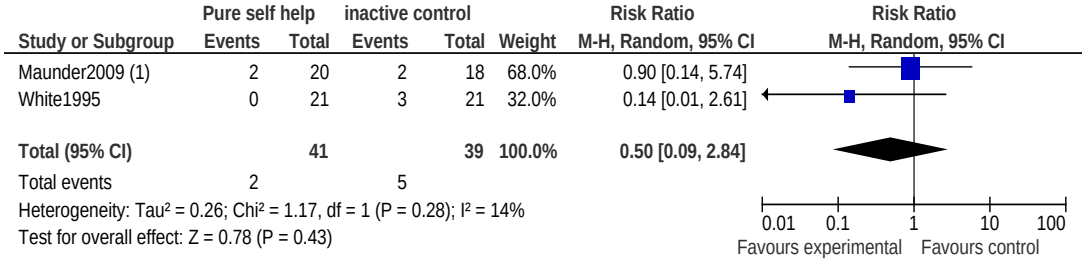


(1) Not reported

Review: Low intensity psychology interventions 01 Pure self help in *mixed anxiety population*

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

Outcome 7: Drop outs

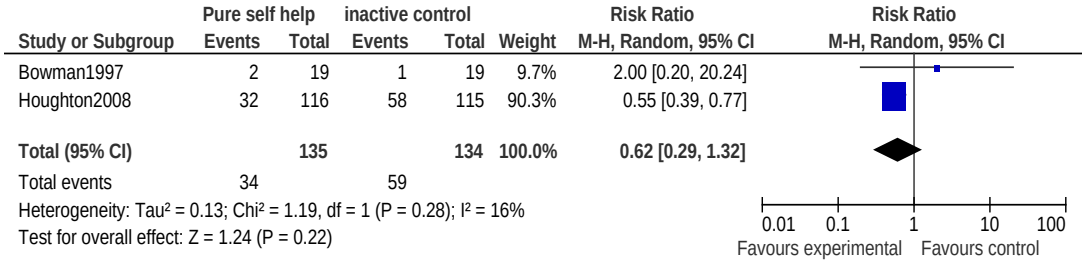


(1) TAU

Review: Low intensity psychology interventions 01 Pure self help in *pure GAD population*

Comparator: Waitlist control (WLC)

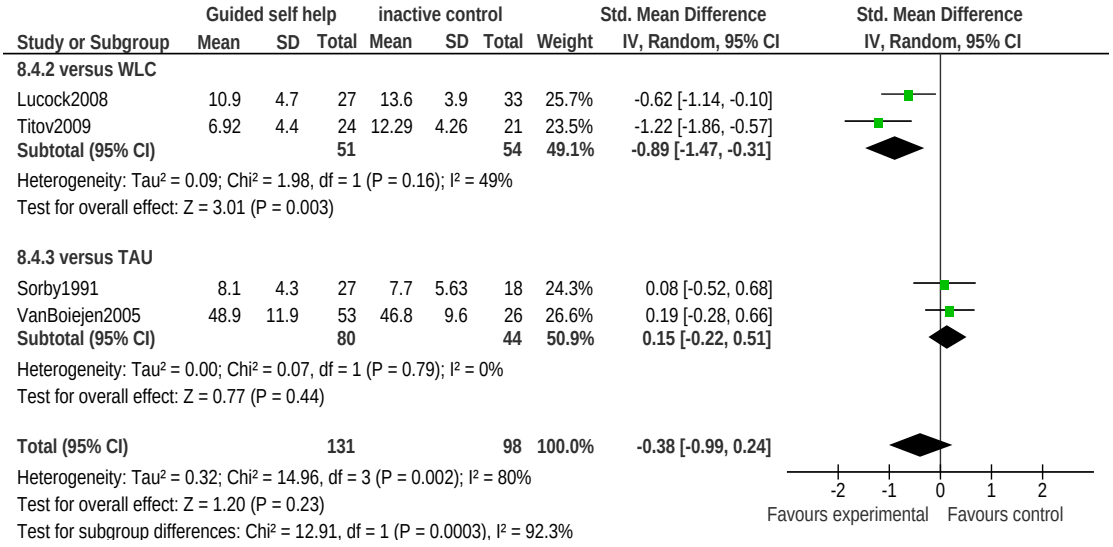
Outcome 8: Drop outs



Review: Low intensity psychology interventions 02 Guided self help in *combined population*

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

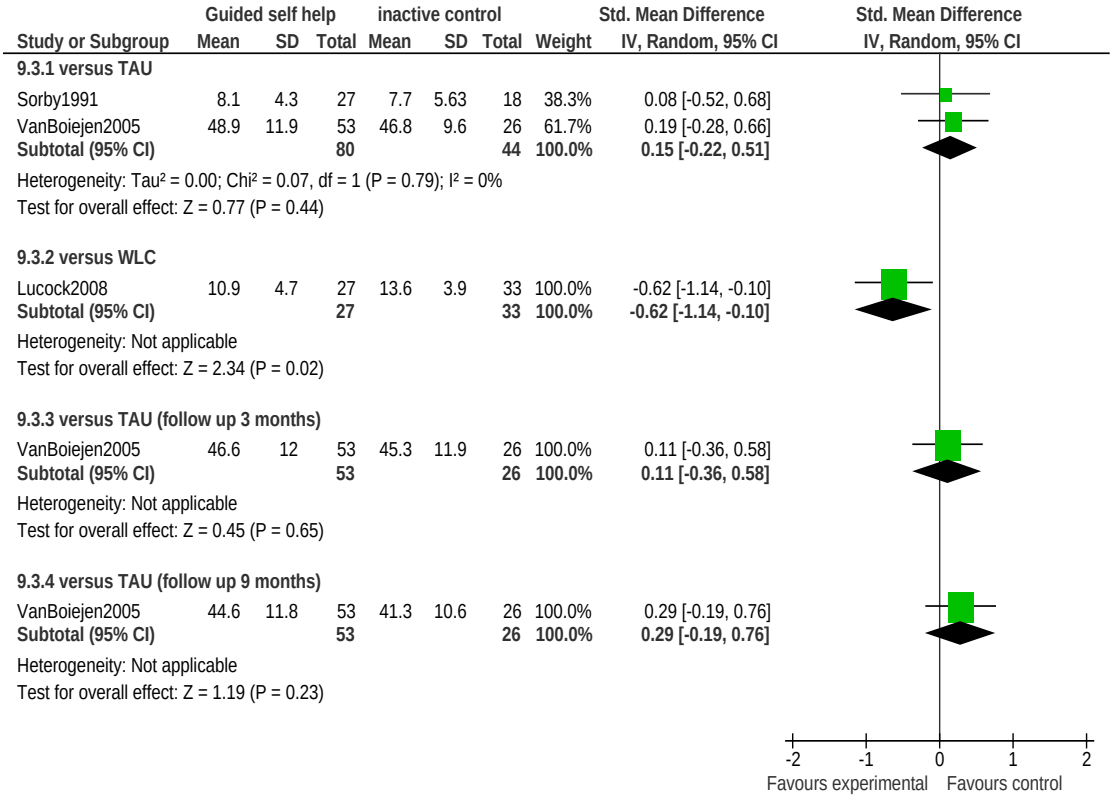
Outcome 9: Anxiety (self-rated) outcome



Review: Low intensity psychology interventions 02 Guided self help in *mixed anxiety population*

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

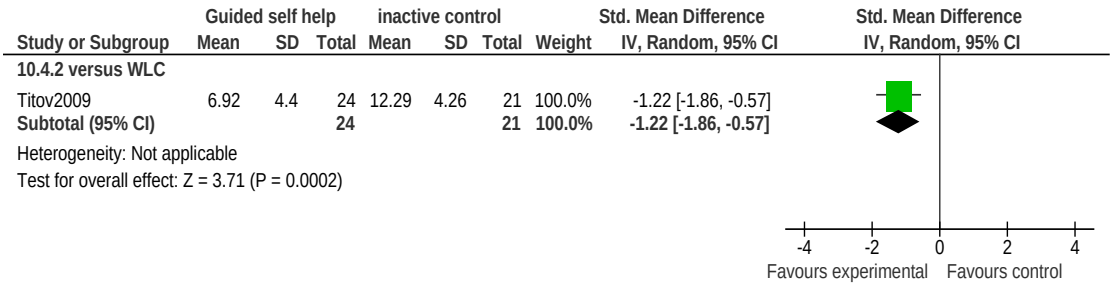
Outcome 10: Anxiety (self-rated) outcome



Review: Low intensity psychology interventions 02 Guided self help in *pure GAD population*

Comparator: Waitlist control (WLC)

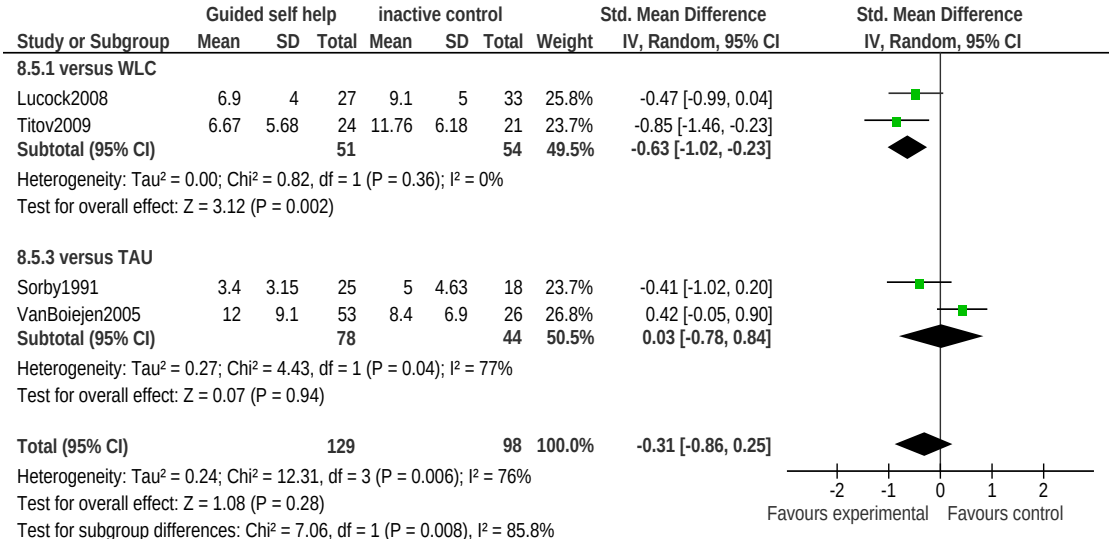
Outcome 11: Anxiety (self-rated) outcome



Review: Low intensity psychology interventions 02 Guided self help in *combined population*

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

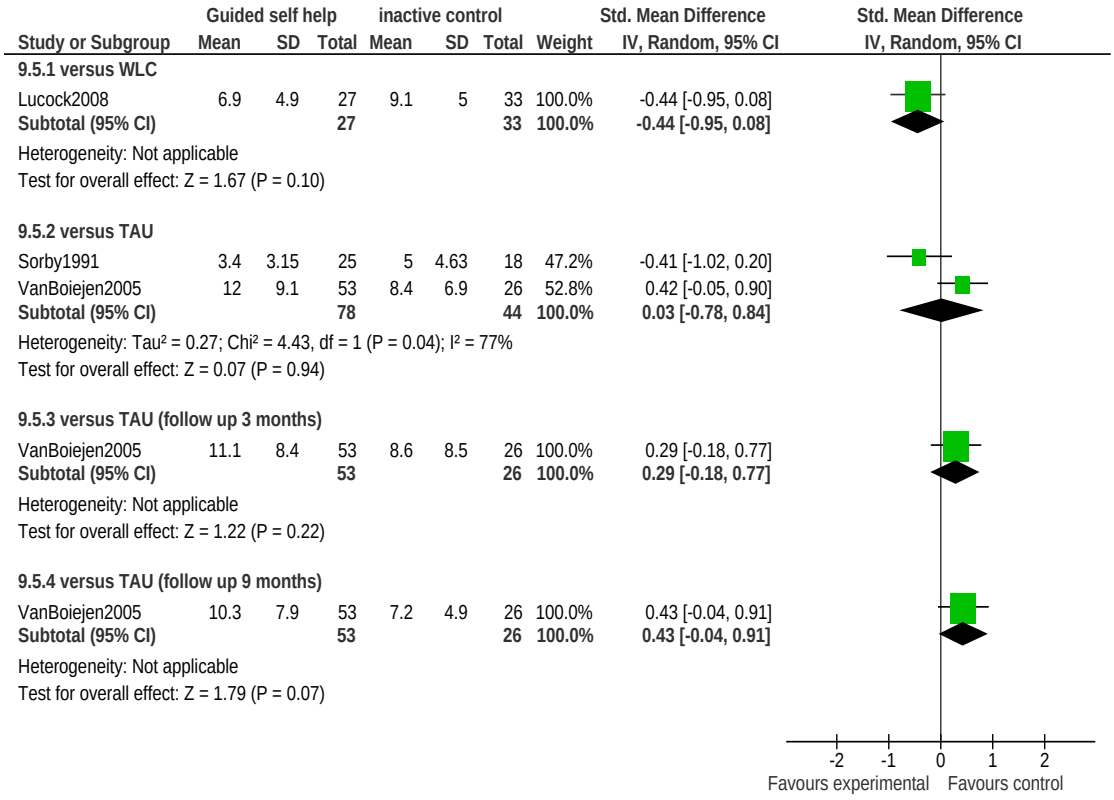
Outcome 12: Depression (self-rated) outcome



Review: Low intensity psychology interventions 02 Guided self help in *mixed anxiety population*

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

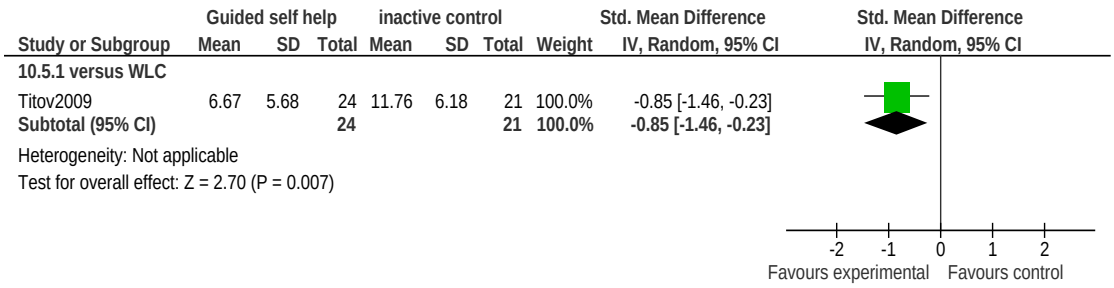
Outcome 13: Depression (self-rated) outcome



Review: Low intensity psychology interventions 02 Guided self help in *pure GAD population*

Comparator: Waitlist control (WLC)

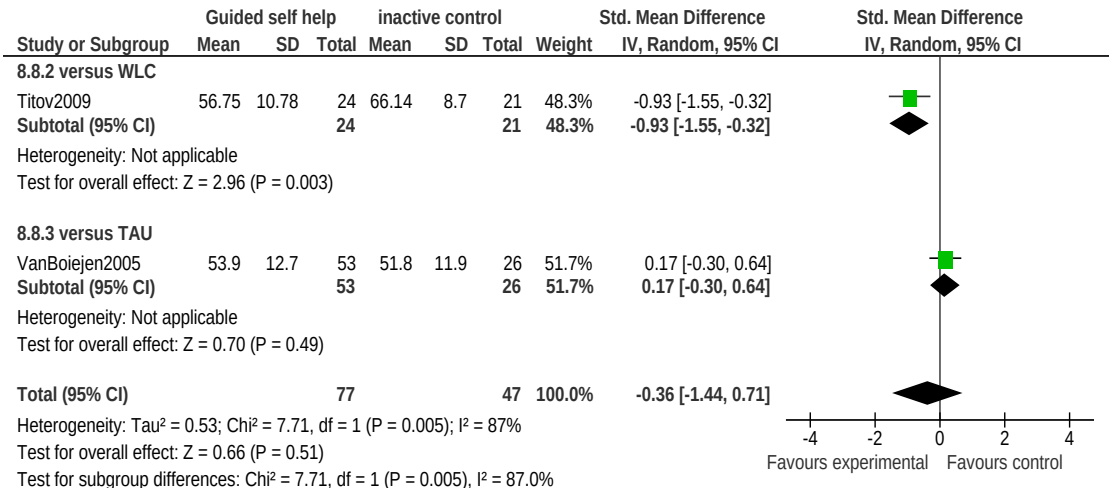
Outcome 14: Depression (self-rated) outcome



Review: Low intensity psychology interventions 02 Guided self help in *combined population*

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

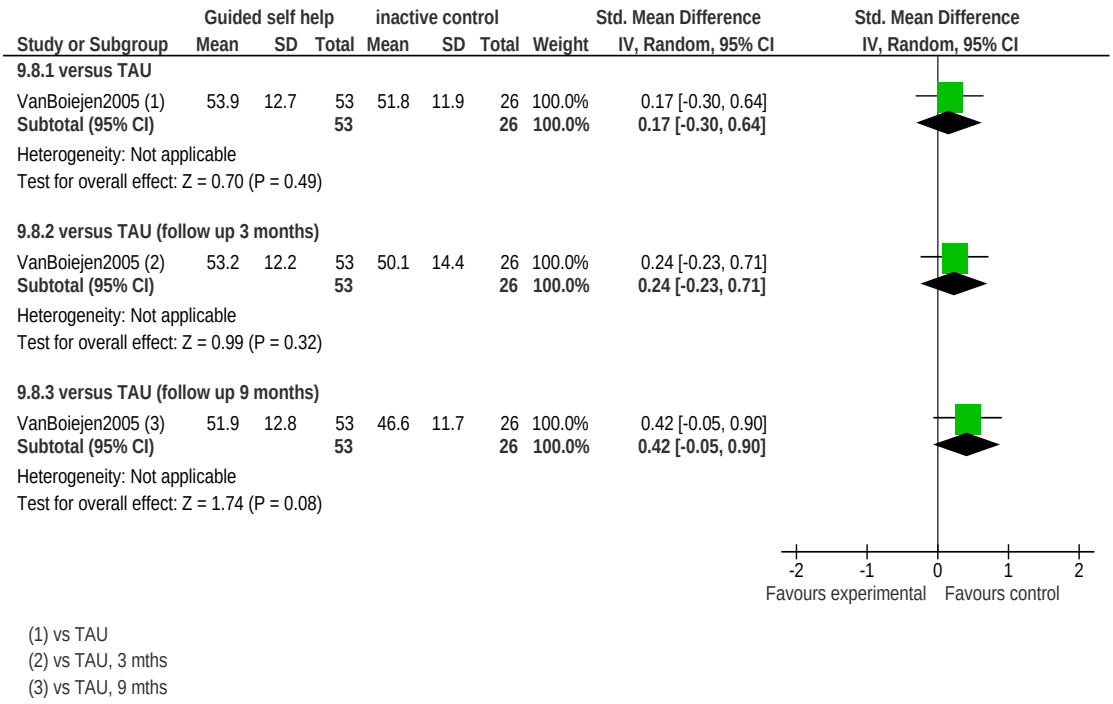
Outcome 15:Worry outcome



Review: Low intensity psychology interventions 02 Guided self help in *mixed anxiety population*

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

Outcome 16:Worry outcome

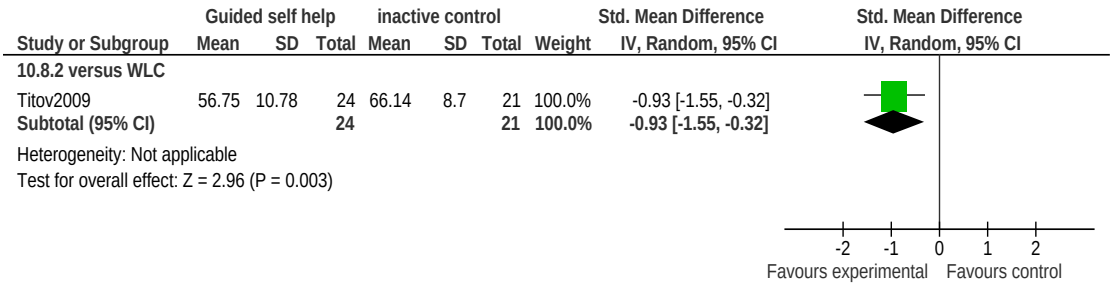


(1) vs TAU
(2) vs TAU, 3 mths
(3) vs TAU, 9 mths

Review: Low intensity psychology interventions 02 Guided self help in *pure GAD population*

Comparator: Waitlist control (WLC)

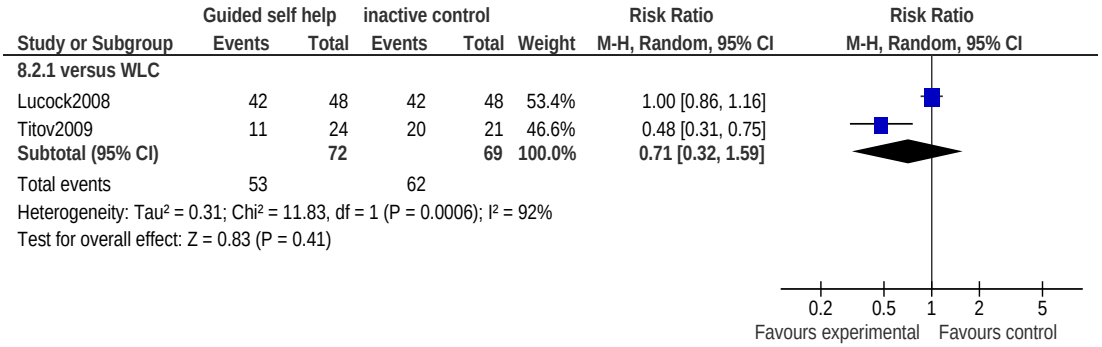
Outcome 17:Worry outcome



Review: Low intensity psychology interventions 02 Guided self help in *combined population*

Comparator: Waitlist control (WLC)

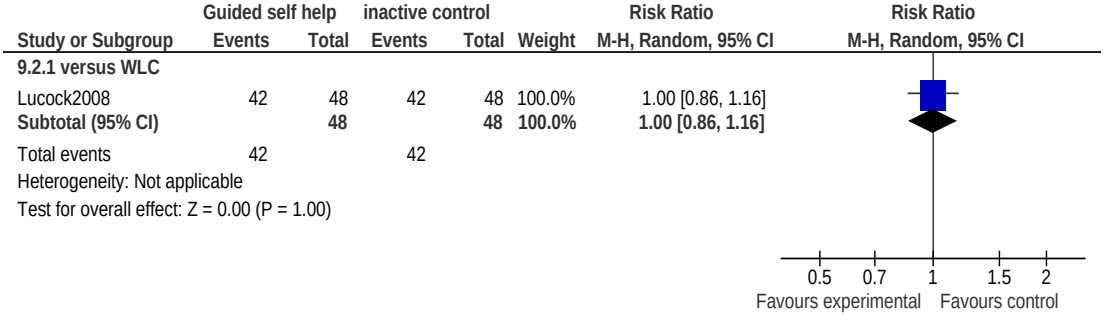
Outcome 18:Non remission outcome



Review: Low intensity psychology interventions 02 Guided self help in *mixed anxiety population*

Comparator: Waitlist control (WLC)

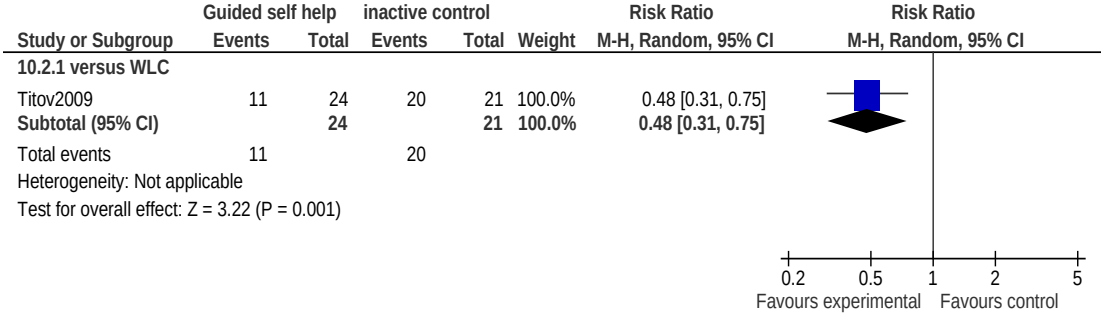
Outcome 19:Non remission outcome



Review: Low intensity psychology interventions 02 Guided self help in *pure GAD population*

Comparator: Waitlist control (WLC)

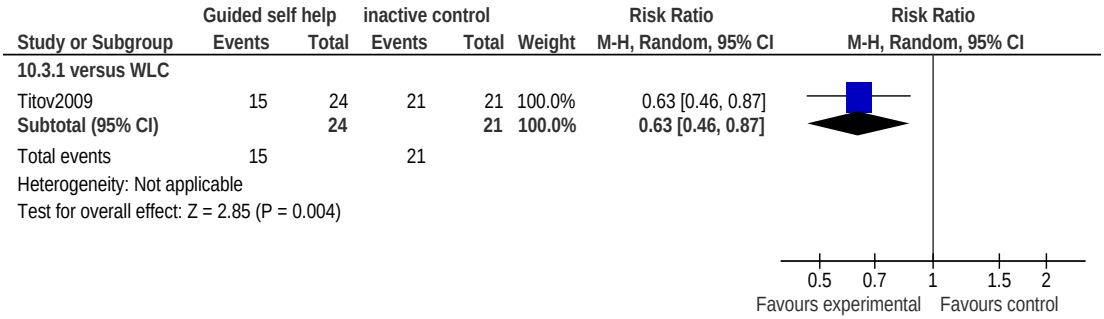
Outcome 20:Non remission outcome



Review: Low intensity psychology interventions 02 Guided self help in *pure GAD population*

Comparator: Waitlist control (WLC)

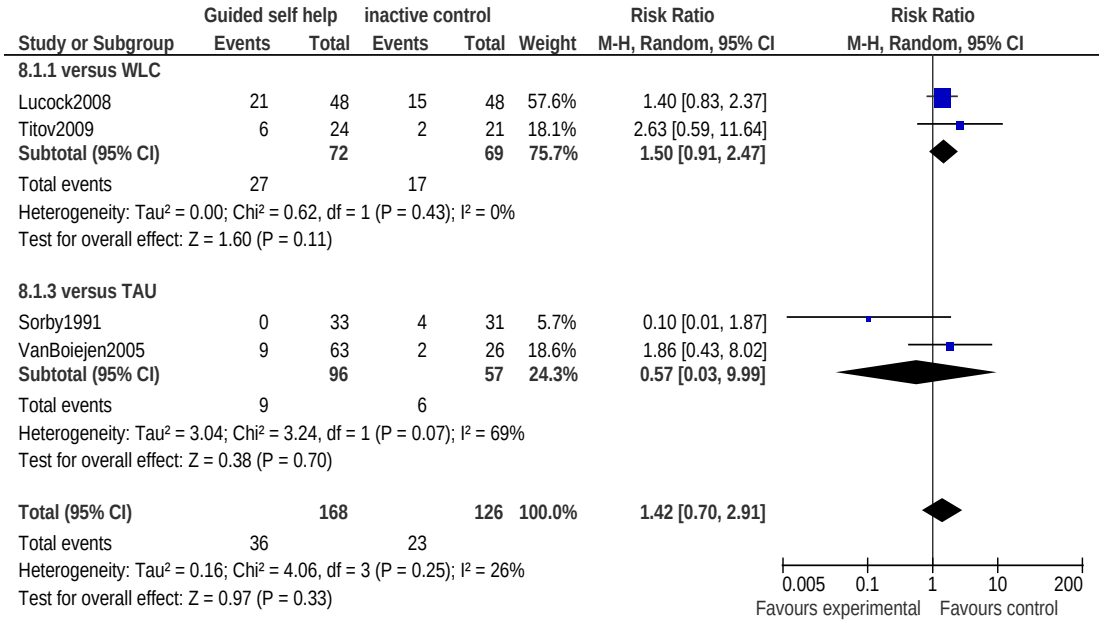
Outcome 21:Non response outcome



Review: Low intensity psychology interventions 02 Guided self help in *combined population*

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

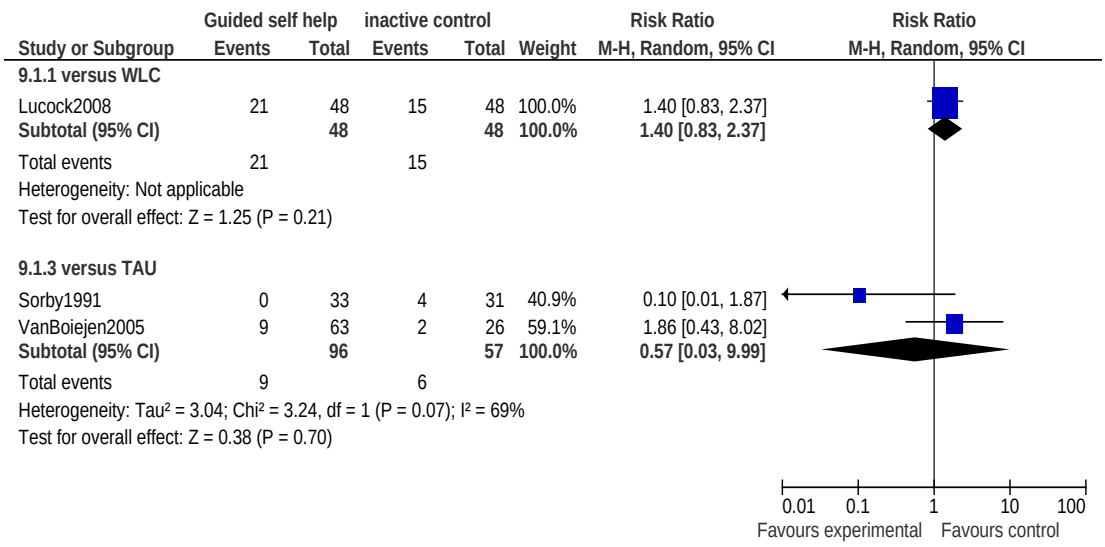
Outcome 22:Drop out outcome



Review: Low intensity psychology interventions 02 Guided self help in *mixed anxiety population*

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

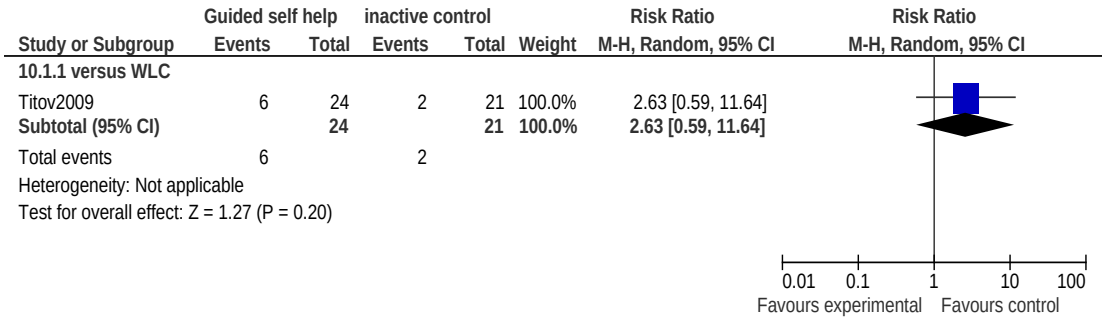
Outcome 23:Drop out outcome



Review: Low intensity psychology interventions 02 Guided self help in *pure GAD population*

Comparator: Waitlist control (WLC)

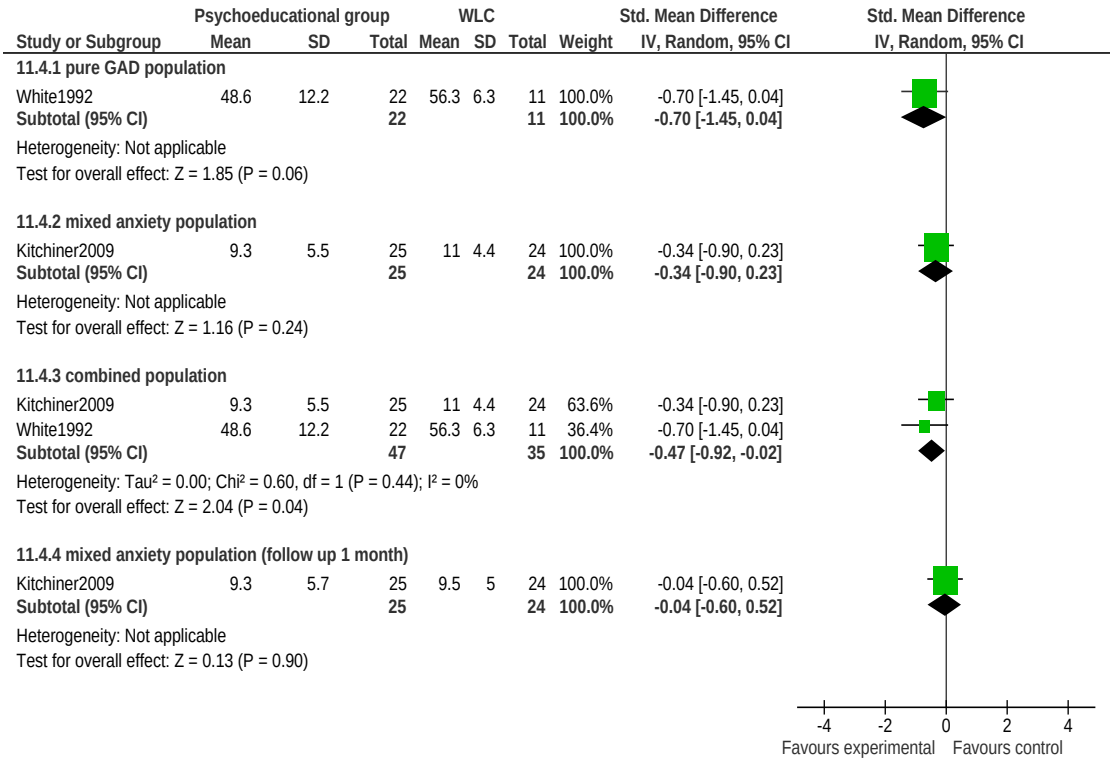
Outcome 24:Drop out outcome



Review: Low intensity psychology interventions 03 Psychoeducational group

Comparator: Waitlist control (WLC)

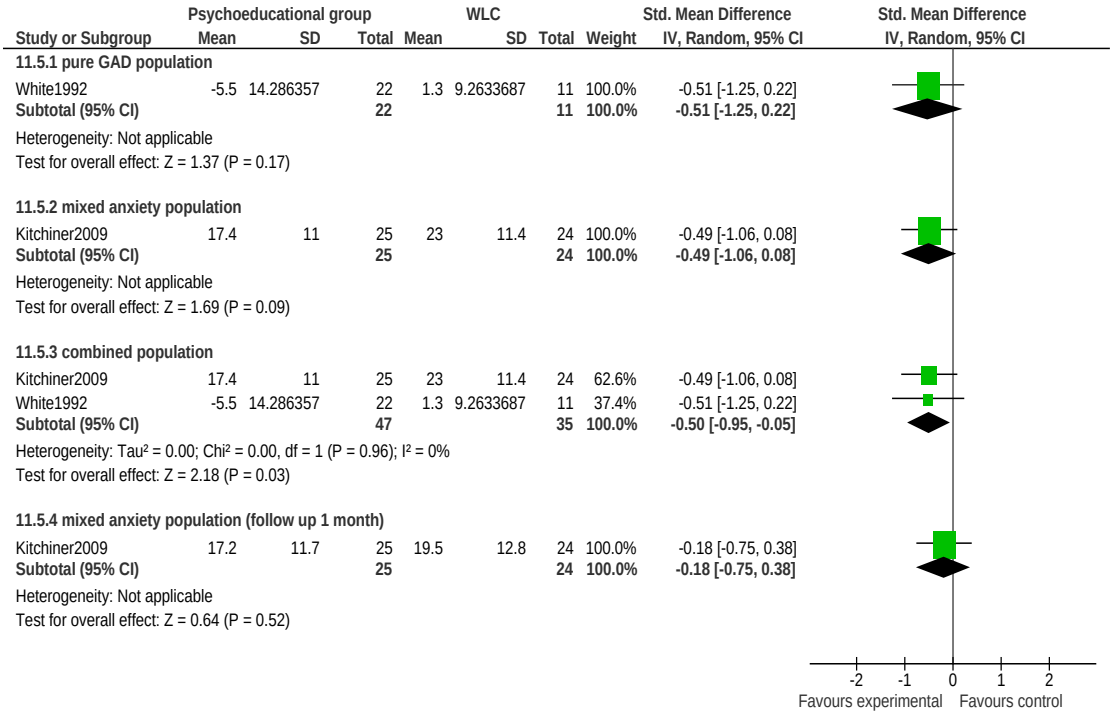
Outcome 25:Anxiety (self-rated) outcome



Review: Low intensity psychology interventions 03 Psychoeducational group

Comparator: Waitlist control (WLC)

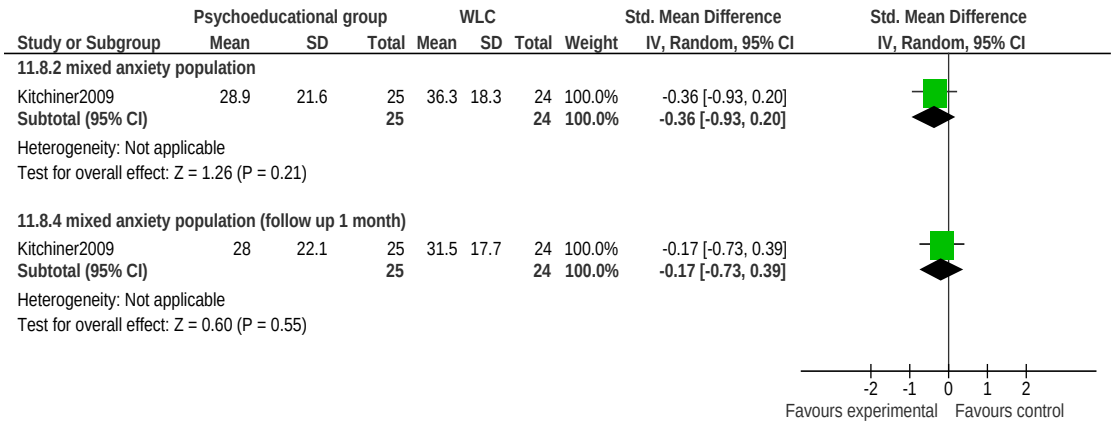
Outcome 26: Depression (self-rated) outcome



Review: Low intensity psychology interventions 03 Psychoeducational group

Comparator: Waitlist control (WLC)

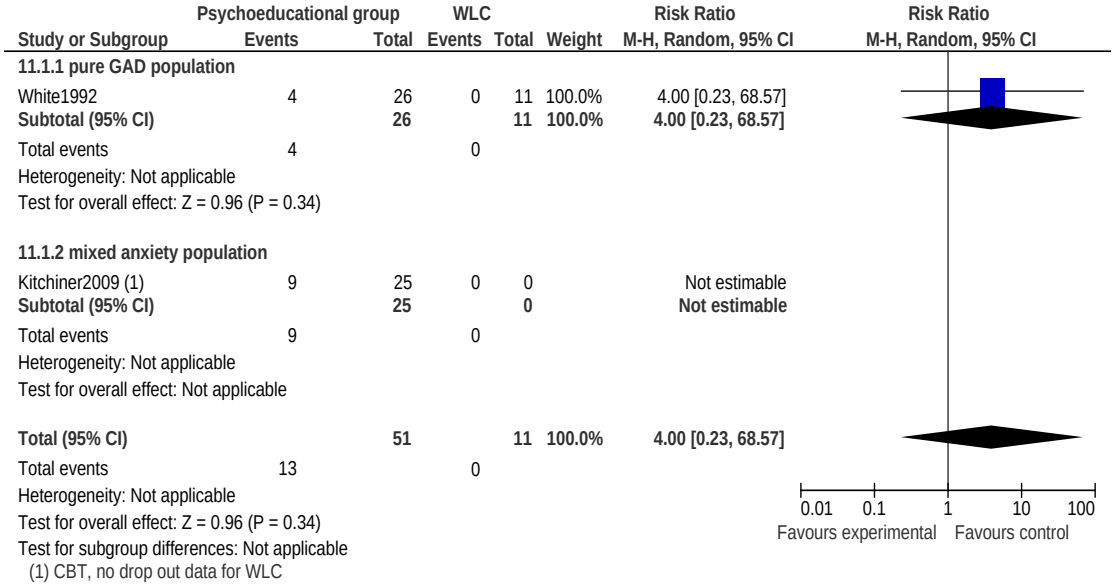
Outcome 27: Worry outcome



Review: Low intensity psychology interventions 03 Psychoeducational group

Comparator: Waitlist control (WLC)

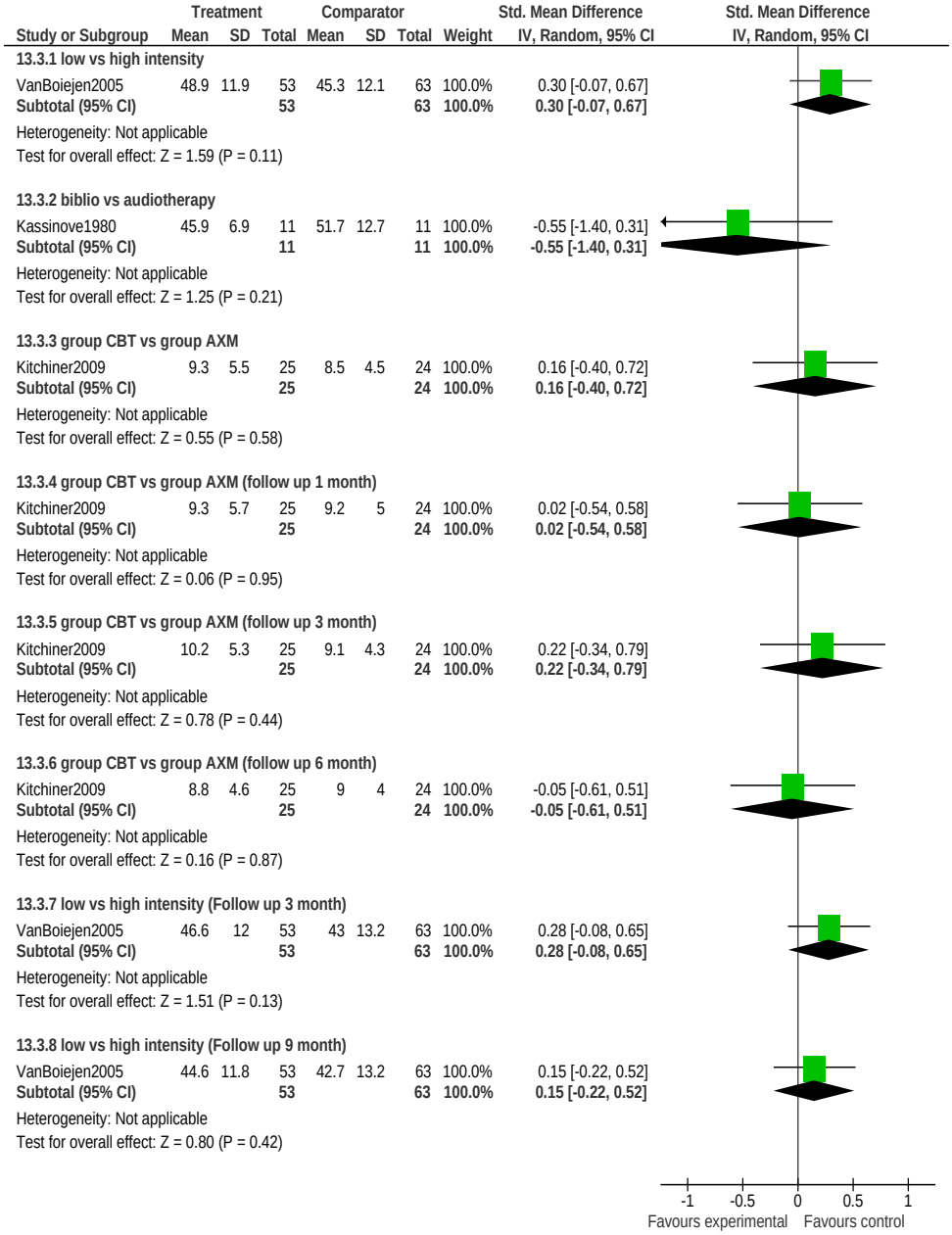
Outcome 28: Drop outs



Review: Low intensity psychology interventions 04 Different treatment comparisons

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

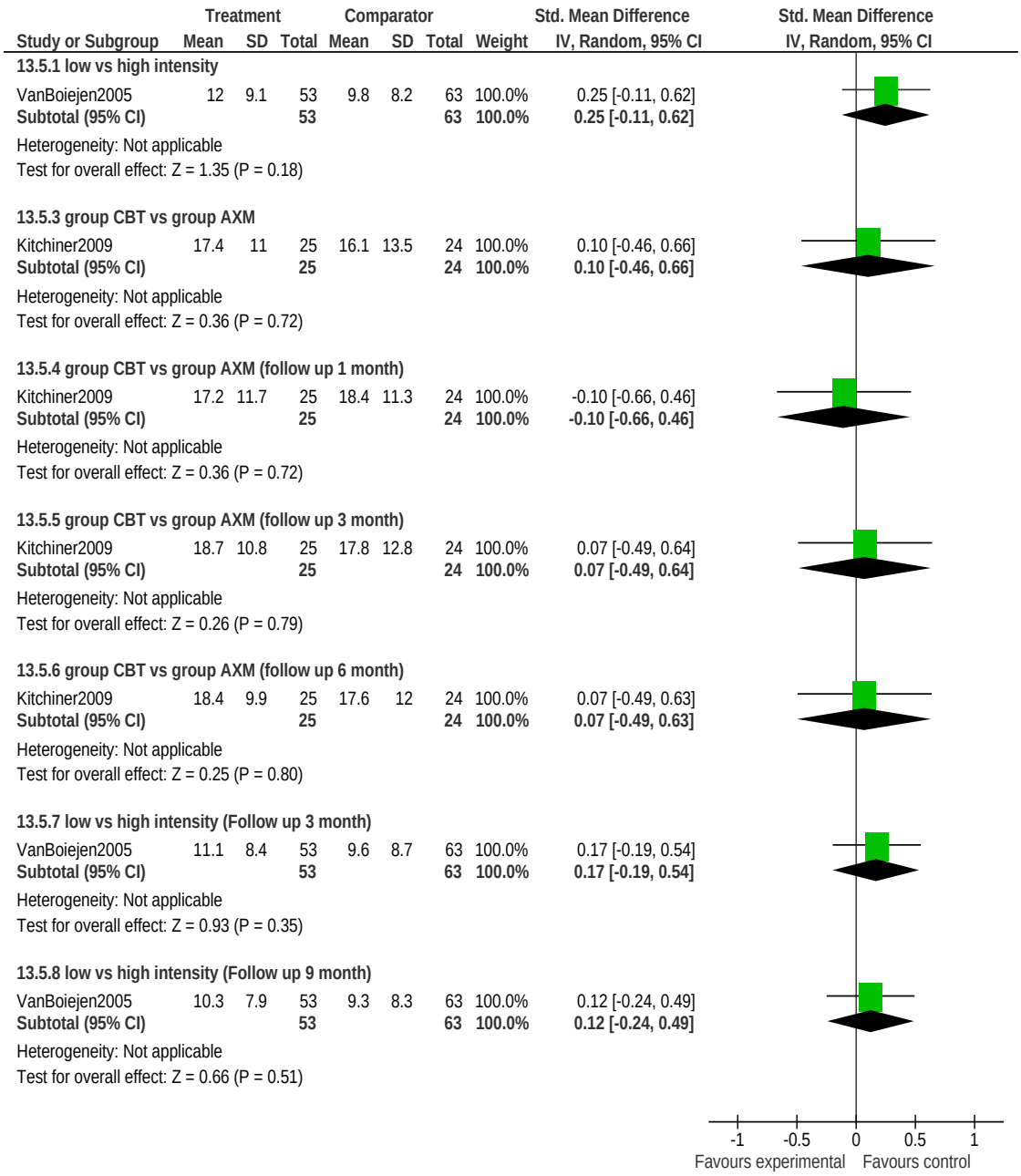
Outcome 29: Anxiety (self-rated) outcome



Review: Low intensity psychology interventions 04 Different treatment comparisons

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

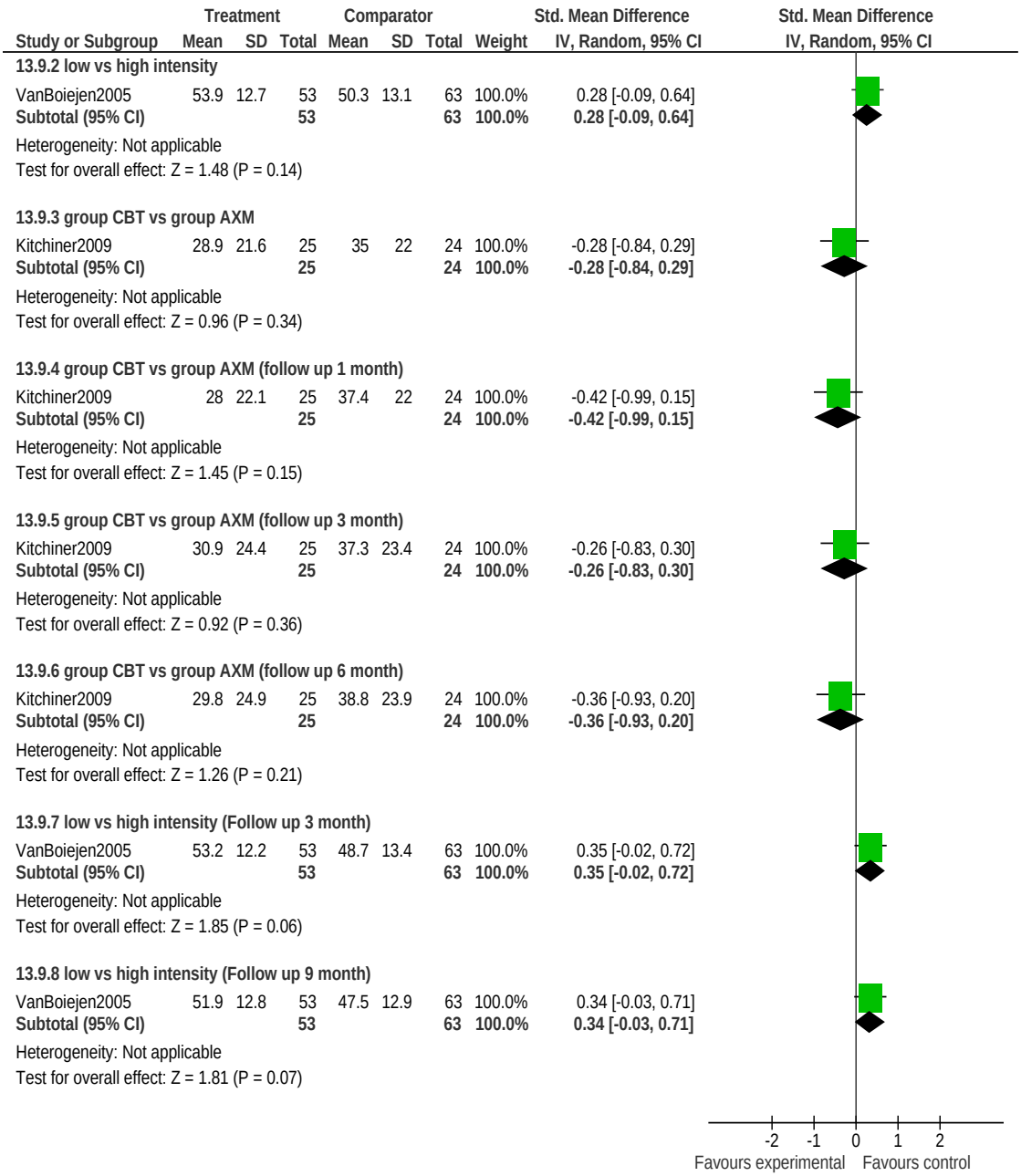
Outcome 30: Depression (self-rated) outcome



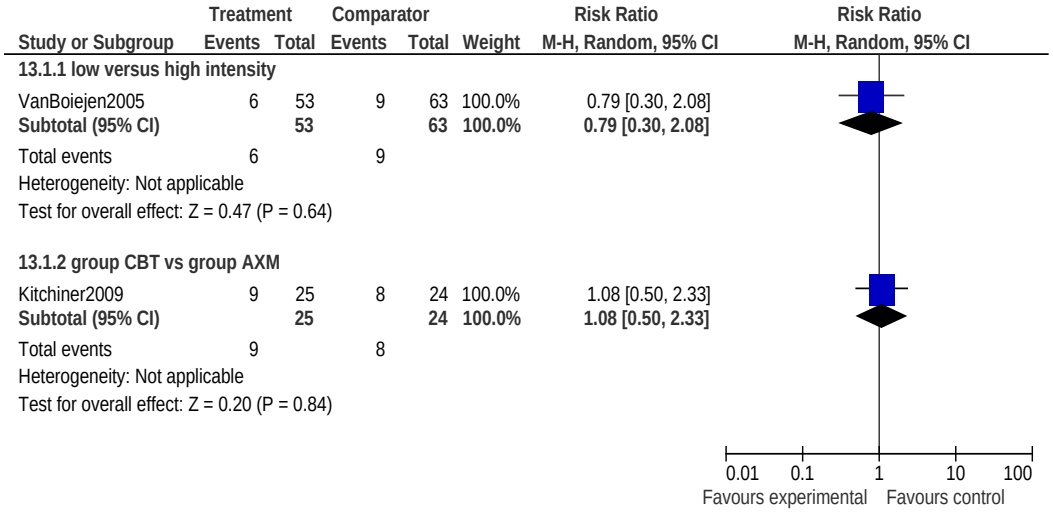
Review: Low intensity psychology interventions 04 Different treatment comparisons

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

Outcome 31: Worry outcome



Review: Low intensity psychology interventions 04 Different treatment comparisons

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

Outcome 32: Drop out